



Oktoberfest for people and pets
From Muchtoberfest to Dogtoberfest, there's many ways to celebrate Oktoberfest.

News 14, 15

SPOKE

A learning newsroom for journalism students

Influenza shot clinics delayed

College students are advised to get flu shots when vaccine is available.

News 5

Identity theft on the rise

Knowing how to protect yourself is key. To start, change your passwords often.

News 6

Monday, October 23, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

37th Year — No. 19



(Photo by Stephanie Irvine)

Hitting up the competition

Mandy Bujold, a second-year business student, is training at the Waterloo Boxing Club for upcoming fights in Italy. For story and additional photo, see Page 18.

CSI survey could bring a universal bus pass

By BRANDON WALKER

Students who use public transportation might be in for a "drop off" in cost starting next year.

Conestoga Students Inc. (CSI) will be surveying 1,500 students at the college to determine students' interest regarding a cheaper yearly bus pass. The president of CSI Matt Jackson said the pass could be as low as \$80 per year, compared to the current rate of \$185 per semester.

Although the pass would be beneficial for students who use public transportation, every student at the college would pay the additional fee starting as early as next year, even those who don't take the bus.

"If students could opt out, the bus pass would probably cost the same amount that it does now," Jackson said.

He said a random selection of students will receive an e-mail to their school account on Oct. 25, asking them to take the survey. "It's important all students selected take part in the survey, even if they don't take the bus, so we can get an accurate idea of how interested stu-

dents are."

The transportation planner for the Region of Waterloo, JoAnn Woodhall, said the survey will ask students how they travel, where they travel and their opinions about a universal bus pass.

"It's important all students selected take part in the survey even if they don't take the bus, so we can get an accurate idea of how interested students are."

*Matt Jackson,
president of CSI*

Woodhall said according to boarding surveys, about 700 students use the bus per day or roughly 11 per cent of the 6,269 students at the college.

The student survey is anonymous and will consist of 20 questions. Participants have a chance to win a pair of tickets to the movies. "We've got 15 sets of tickets. It

should only take students about five minutes to complete the survey."

Jackson said if less than 55 per cent of students who take the survey are interested CSI will discuss having a school-wide referendum.

"If only 45 or 50 per cent of students are interested but we get some good comments we'd talk to the board about the possibility of having a referendum."

"I would like to see a minimum of 900 participate in order to get an accurate idea of how interested students are," Jackson said.

The pass would probably only operate from September until April, "although we might offer discounts for the summer as well," he said.

"I look at it that for students to take a cab ride downtown it could cost as much as \$40, so two or three uses and the pass has paid for itself."

Students have two weeks to complete the survey. "I'd recommend they do it right when they get the e-mail," Jackson said.

The pass would be available for students at the Doon and Waterloo campuses.

United Way campaign off and running

By CARA LICHTY

Conestoga College's 2006 United Way campaign kicks off today and runs until Nov. 3.

The United Way committee and volunteers have put in the time and energy to create the many events that will be taking place at the college. The events are being held to raise both money and awareness for the different social service agencies in the community.

Some of the agencies receiving proceeds from the campaign are the Child Witness Centre of Waterloo Region, Anselma House, the Literacy Group, the Food Bank of Waterloo Region and the K-W Multicultural Centre. Conestoga will be servicing four United Way regions: Waterloo, Guelph-Wellington, Perth-Huron and Cambridge-North Dumfries.

The United Way committee is receiving support from many businesses and associations including Chartwells, Conestoga residence, Grenville Printing and CSI.

Roxy Stanciu, CSI vice-president, said CSI is happy to do what it can to help the campaign achieve a good response.

"This is a great cause we support," she said. "The United Way can utilize us; we are a resource hoping to make a difference."

Stanciu said CSI did not set a specific money goal but they will try to raise as much as they can and are concentrating on increasing awareness about the different agencies.

"We're always keeping the United Way in mind, for example, the door profits from the toga party are being put towards the campaign," she said. "It's such an inspiring cause."

The United Way committee has received prizes from areas such as the alumni association of Conestoga, woodworking centre, the campus bookstore and many individuals who have personally contributed to the campaign.

During the first week of the campaign there will be a United Way display along with displays about the various agencies that receive funding from the United Way. These will run between 11:30 a.m. and 1:30 p.m. and will be located at either Door 3 or Door 4.

Sheila Hollidge, chair of the campaign, said she is pleased that the different agencies will be making their way onto campus.

"Having the United Way display combined with displays from diverse agencies at the campus helps bring a face to an agency name," she said. "It also gives the college community a chance to see the impact these groups have on a

day-to-day basis for so many people."

Canvassers working for the committee will be distributing United Way packages to staff and faculty at all of the Conestoga campuses.

Events taking place at the college include:

Tuesday, Oct. 24 - Lasagna Lunch

Thursday, Oct. 26 - United Way Day. All Chartwell cafeterias will be asking people for a \$1 pledge to support the United Way campaign.

Tuesday, Oct. 31 - Tea for \$2 at 2 p.m. This fundraising event will be

taking place in the Blue Room as well as the SCSB lunch room from 2 to 3 p.m.

Thursday, Nov. 2 - Wrap Combo event at Dooners.

Further details on each event will be promoted throughout the campus.



(Photo by Cara Lichty)

Members of the United Way committee are ready and excited about the launch of the annual United Way campaign. Volunteers include, from left to right, Ryan Connell, residence life co-ordinator, Matt Jackson, president of CSI, Sheila Hollidge, chair of the United Way campaign, Joanne Van Kampen, United Way canvasser, Walter Boettger, president of OPSEU Local 237, and Lisa Nequest, president of OPSEU Local 238.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

*If you conquered the world,
what would you do?*

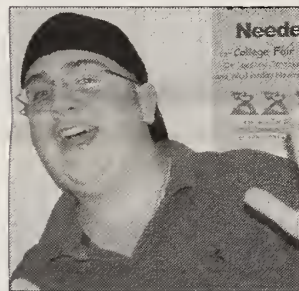


"I'd cover the world with trampolines."

*Amy Kimz,
third-year business
management*

"I would ban old people from driving and make marijuana legal."

*Husein Jivajee,
third-year architecture-
project and facilities
management*



"Make all the buildings edible."

*Sasa Rajic,
first-year computer
programmer/analyst*

"The world is not enough."

*Jon Wise,
third-year automated
manufacturing*



"Ban jogging pants in public."

*Deirdre Row,
third-year architecture-
project and facilities
management*

"Throw a giant party for the entire world."

*Janelle Falconer,
second-year
graphic design*



Smile Conestoga, you could be our next respondent!

On-campus store would shorten cafeteria lineups

By BJ RICHMOND

With the new Student Life Centre expected to open around mid-November, the students' curiosity of what will be inside is beginning to run wild.

When planning for the centre began in 2004, CSI was left with the all-important question of what types of facilities would fill the building. To answer that question they conducted a survey in November 2004 asking students which of several possible services were important to have in the centre.

According to this survey, 77 per cent of Conestoga students considered a convenience store to be an important service, and 90 per cent said they would use the service.

Another survey was taken at the college on Sept. 28 to see if students still wanted a convenience store. In this survey, 100 students were specifically asked whether a convenience store was needed at the college. Eighty-two students said they still believed it was needed. With the nearest convenience store at the Sunoco gas station on Homer Watson Boulevard, first-year business administration management studies student, Kayla Simard, said students would benefit from an on-campus store. "It would be more convenient for me (to purchase items at the school), rather than having to walk to Sunoco."

Zoe Raaphorst, a first-year biotechnology technician student, said an on-campus store would also cut down the lengthy lines at other facilities around the college. "(Students) wouldn't have to wait in long cafeteria lines when purchasing a drink or small item."

According to a survey, 77 per cent of Conestoga students considered a convenience store to be an important service.

The general idea was a store would prevent students from leaving school property, decrease the current congestion in the cafeterias and ultimately save students' valuable time.

"It's hard to get to places between school and work. So it would be easier to buy things like phone cards on break," said Blaire Caldwell, a second-year early childhood education student.

Although the majority of the student body wanted a store, 18 of the students surveyed said it would be redundant. Jessica Huth, a first-year nursing - BScN student, said the college already has enough stores to get items at. "I think that we already have several cafeterias and the bookstore."

With the favourable response, CSI decided to put a store in the

new Student Life Centre. "CSI has the right ... to operate retail establishments. The only caveat is that it is approved by the college," said Michael Dinning, vice-president of student affairs at Conestoga College.

CSI and college management have been in negotiations for about a year regarding the approval of putting a convenience store in the new Student Life Centre.

"It's hard to get to places between school and work. So it would be easier to buy things like phone cards on break."

*Blaire Caldwell,
second-year early childhood
education student.*

Matt Jackson, president of CSI, said there was an open area slated for a store in the original blueprints for the student centre. "When students voted on committing close to \$10 million over 13 years to the centre, that is one of the things they had asked for. We'd (CSI) like to move forward with it and get it open as soon as possible."

For the time being the area slated for the store will operate as a self-serve centre. "The space is there, we just need an agreement. Up to this point we've been unsuccessful on getting the college to agree to allow us to move forward with what we promised the students," said Jackson. "And until we reach an agreement with the college to run a feasible operation, it's going to sit empty."

Upon reaching a retail agreement with the college, CSI submitted two proposals, a convenience store and a photography service. The college quickly approved the photography service, however, they sent the proposal for the store back to CSI, unapproved, with a few questions they needed some clarity on regarding the items CSI plans to sell.

Dinning said the college is not trying to limit the items CSI can sell in the store. Rather, they are putting into context the items that will be both necessary and successful. "We are in agreement for a store, which puts in place the process that says they come forward with a proposal and ultimately negotiate with me on behalf of the college as to what would be reasonable retail to have there."

Jackson said the college has approved about 75 per cent of the items CSI wants to sell in the convenience store. "The college believes at this point that they should have the right to approve everything that's sold in the convenience store. CSI is saying on behalf of the students that we don't believe that's fair."

Dinning said the reason the college has to approve the merchandise being sold is to make sure they do not step on the feet of the bookstore, Chartwell's or the vending machine service that already have contracts with the college. "We have an obligation to make sure

we're not in violation of any of our contracts."

Dinning said the college is contractually obligated to make sure an on-campus convenience store would not sell items that would interfere with the services currently being offered at the college. Thus, the question arises of which items the students believe they need an on-campus convenience store to supply.

In the recent survey taken in September, students were asked which items they would like to see sold at a possible convenience store. Students had six choices: cigarettes, snacks and beverages, newspapers and magazines, lottery tickets, bus tickets and phone cards.

Out of the 100 people surveyed, 74 of them wanted the new store to sell snacks and beverages, 34 students wanted to buy lottery tickets, 21 wanted the store to sell newspapers and magazines, 18 wanted to buy phone cards, 17 wanted bus tickets and only 10 wanted the new store to sell cigarettes. Ten students said they did not believe any of these products needed to be sold at the college.

Despite the high demand for lottery tickets, CSI and the college have agreed that certain items will not be sold. "Within the agreement that was put together as the umbrella agreement, CSI agreed, and to be fair it was their initiative, that no cigarettes, lottery tickets or alcohol could be sold," said Dinning.

Dinning said he realizes not selling these items is a huge challenge for a convenience store, since a lot of the profit is generated by the sale of cigarettes and lottery tickets. However, he said it would seem unethical for these items to be sold at the college.

"If we (the college) think students shouldn't be smoking on campus, we shouldn't be selling cigarettes."

Other items students suggested be sold were health food and pharmaceutical goods, such as Tylenol and condoms.

The convenience store would be operated by CSI and run by students from the school. "Every job that we would offer would be fulfilled by students and all the profit made off it would be directly returned to the students through CSI," said Jackson.

Both Jackson and Dinning said the prices in the store would be set by CSI, since they are in charge of the store's daily operations.

So with the new Student Life Centre opening and a convenience store on the way, students said all Conestoga College needs now is another Tim Hortons.

CORRECTION

In an article in the Oct. 16 edition of Spoke, it incorrectly identified J.D. McGuire as running for Kitchener MP. In fact, he is running for councillor of Kitchener's Chicopee-Grand River Ward 2.

Spoke apologizes for the error.

College has new bloggers

By MEGHAN KRELLER

When Katelyn Milbury received an e-mail advertising the opportunity to become one of Conestoga's new student life bloggers, she said the question wasn't why, it was why not?

Since this first-year public relations student was already committed to personal blogs, she thought it would be a fun and easy way to get involved.

"I thought it would be cool to do something different," Milbury said. "I've never really volunteered for anything like this."

Vincent Tran also saw blogging as an opportunity to get involved with the college. Tran is in his fourth year in the integrated advanced manufacturing technology program.

"It not only helps new students relate, but other students, like me, who may want to make the most of their final years at school," he said.

Third-year print and broadcast journalism student Brandon Walker said he is simply doing it to write and entertain.

"Odd things just seem to happen to me and this is an opportunity to write them down," he said.

Whatever the reason, Milbury, Tran and Walker were those chosen to be Conestoga's bloggers, a new initiative started this fall by student life.

Blogging is slang for web log or an online journal. Milbury, Tran and Walker will submit entries at least once every two weeks, outlining experiences in their college life. These entries will then be posted on the student life website for current students to read.

Results from a focus group held last fall by the college emphasized the need for technology when creating connections between students, said Leanne Holland Brown, student life coordinator. Some ideas discussed included instant messaging, podcasting and blogging.

"We decided to give blogging a try as related to the student experience," she said.

Originally looking for four bloggers to start, they decided to go with their three most outstanding applicants, said Holland Brown.

"They all have a very sophisticated writing style," she said. "They are witty, interesting and engaging."

All three wanted to become involved and were familiar with blogging and that really shows in their entries, said Holland Brown.

"We found their samples all very interesting and we hope students will as well," she said. "Other students reading them will hopefully be able to relate on a semi-personal basis."

Holland Brown said student life is very focused on maintaining the authenticity of blogging. She said they want the blogs to portray a realistic student view, however, they will be read by a staff member before being posted on the site.

"The blogs not only represent the students but they also represent Conestoga College," she said. "Our bloggers understand that and have all signed a contract indicating the understanding of our overall intention."

The site will be fairly simple looking to start off with, said Holland Brown. Nothing too complicated has been added, as it is just getting started. As for now, blogs will not be interactive, meaning no one can respond directly to the bloggers, only read what has been posted.

Right now it's all about response, said Holland Brown.

"This year is pivotal to get feedback from the bloggers as well as from the student body," she said. "We will add things and tweak the program as time passes but for now it remains fairly simple."

Blogs can be found by clicking the link at <http://www.conestogac.on.ca/studentlife>



(Photo by Meghan Kreller)

Katelyn Milbury, left to right, Brandon Walker and Vincent Tran have been chosen to become Conestoga's bloggers, a new online initiative introduction by student life.

Giving poor students a break

By ADAM BLACK

Being a college student usually means cash is pretty tight. The Conestoga College Student Assistance Fund bursary can help relieve some of the stress due to tight budgeting.

The bursary is given out to students who are registered in a post-secondary program that is 12 weeks or more in length. It is designed to help with second semester costs.

The student is required to answer a series of questions and fill out a budget on the application form to show a financial need. There is an independent scoring system on the

form, which when tallied, equates to a dollar value.

"It is slanted somewhat to students with loans or a high debt load."

*Paul Matresky,
financial aid office*

Paul Matresky of the financial aid office, explained the bursary is to help students with their debt.

"It is slanted somewhat to students with loans or a high debt load," said Matresky.

"It is part of a debt reduction system by the province, to make sure students don't go further into the red."

Students wishing to apply for the bursary have until Oct. 27 to get their applications into the financial aid office. Students who apply will be informed by December if they have been accepted for the bursary. Those who are accepted should receive it around Jan. 3.

Application forms can be picked up in the financial aid office. For more information contact the office at 519-748-5220, ext. 3378 or 3202 or go to their website at <http://www.conestogac.on.ca/jsp/financialassit/index.jsp>.

Residence helps out with United Way campaign

By CARA LICHTY

Doon campus isn't the only place where fundraising will be done for the United Way. From Oct. 23-Nov. 23, students living in residence will be competing against each other to raise money for the campaign.

Jars will be placed at the front desk in residence representing the 10 separate communities the students are split into. Each penny put into the jar will represent one point for the corresponding team and each loonie is worth 100 points. However, silver money loses points for the team, so each community can sabotage their competitors by putting nickels or dimes into the other jars.

Ryan Connell, residence life co-

ordinator, said this is a great way for the students to get involved.

"The students love to get competitive," he said. "It's the best way to raise money without being pushy towards the students."

Near the end of November a pizza party will go to the students in the community who have earned the most points.

Connell said residence has tried the jar game in the past with a lot of success.

"This is not just a staff, faculty thing," he said. "The student support is definitely needed as well; it's going to be fun."

The 530 students currently residing in residence will begin the competition toward the end of the month.

Counselling Services Presents

Chillax

Friday, Oct. 27th

11:00am - 1:00pm

Rooms: 2E04, 2E05, 2E16-1

Meditative breathing

Guided imagery,

Progressive muscle relaxation

DROP INTO

Practice Relaxation Techniques

Colleges need more financial support

John Tibbits' recent proposal for a new Conestoga campus in Cambridge is the perfect time for the various levels of government to step up. Step up and pay up, that is.

Tradespeople are few and far between and, as the federal and provincial governments continue to underfund colleges and focus their buck on universities, they are only getting closer to extinction. If the governments would show more financial support for colleges, there would be more attractive opportunities for high school students to study these trades and, in return, fill these high-demand jobs.

The funding of the proposed Cambridge campus is a key way to meet this demand in Waterloo Region.

The new campus, proposed to be located across Highway 401 from the existing Doon campus, would focus on main study areas including welding and automation. It would accommodate another 1,900 students and 1,000 apprentices per year, on top of those already studying at the four existing campuses.

Tibbits predicts the Cambridge campus will cost \$47 million to build and is calling on the governments to help.

The college is looking to the provincial government to contribute \$25 million and will also be looking for aid from other levels of government.

As Conestoga continues to be rated the top community college in Ontario, it shouldn't be a difficult decision for the governments to make.

The formula is simple and, in the end, it's not only the college that will benefit; more money equals more opportunities equals more students equals more revenue for the region.

It's not as though funding schools is a foreign idea for the smaller governing bodies in Waterloo Region. A recent article in *The Record* highlighted the latest donations made by the local governments, including the City of Kitchener's donation of \$30 million to the University of Waterloo for a school of pharmacy being built at King and Victoria streets; they also offered Wilfrid Laurier University \$6.5 million to put its graduate school of social work onto Duke Street. Regional council put \$15 million toward a medical school that will amalgamate the University of Waterloo and McMaster University of Hamilton and Cambridge council gave \$8 million to the University of Waterloo for the relocation of its architectural school.

It's our turn.

This plea is not only for Conestoga's new campus, but for colleges across Canada.

In order to thin the dividing line between colleges and universities, governments need to come forward and show some equality in the funding provided to the two types of post-secondary institutions.

Governments must start recognizing the vital role colleges play, and start funding them accordingly.



When it comes to funding for colleges and universities, the difference is like night and day

North Korea's leader not so dear to the UN

The Pyongyang government is not funding a nuclear arsenal because they are evil communists trying to take over the world and annihilate capitalism.

They are building them because their "Dear Leader" believes having nuclear arms will bring his country more power and respect from the world.

North Korea is a poor country by western standards, and its civilian populace has suffered famine conditions as recently as the 1990s.

Ever since a nuclear weapon was tested in North Korea on Oct. 8, several countries, including the United States and Japan, have called for sanctions to be imposed by the United Nations Security Council on North Korea, because the tests represented a supposed threat to international peace.

A week later, the UN security council passed a resolution banning member states from transactions with North Korea involving their weapons of mass destruction program.

China, a longtime ally and major trading partner of the country, also



Adam Hannon

Opinion

criticized the test, calling it "intolerable," but have taken little action to reprimand their smaller neighbour.

The United States and other UN countries must be careful how they deal with this situation. The U.S. in particular has a history of making incorrect and over-generalized accusations against other countries and groups.

In essence, some people just look for a well-known, or at least highly visible, scapegoat to blame a given problem on, likely because that's easiest. The American government and media outlets must be careful they don't start using the "c word," even though it might be easier to relate Jong's seeming quest for power to his country's government, and the imperialistic stigma some people still attach to communism. If they start to give North Korea

the moniker of "evil communists," they'll be making a big mistake, and possibly a large enemy.

At best, this could make it more difficult for the UN to resolve the supposed problem at hand. It could also compromise the trade relationships some countries, such as the U.S., have with China.

At worst, it could anger both communist countries. Although it doesn't seem like this would result in any serious armed conflict, it would be foolish to completely rule out the possibility, since North Korea has the world's fourth largest standing army.

While China might not directly attack the U.S., Kim Yong Nam, president of North Korea's legislature, told a Japanese news agency that any hostile interference by the U.S. will result in "physical measures."

Despite what the Americans seem to believe, the time of forced regime change is over. If there is to be any resolution to this issue, it must be through negotiations between the parties involved and increased economic sanctions, not armed conflict.

Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, **Spoke**, 299 Doon Valley Dr.,
Room 4B14, Kitchener, Ont.,
N2G 4M4

Spoke

is published and produced weekly by the journalism students of Conestoga College

Editor: Eric Murphy

Advertising Manager: Jessica Blumenthal, Kristin Grifferty Spoke Online Editor: Meghan Kreller

Production Managers: Tara Ricker, Brandon Walker Circulation Manager: Nick Casselli

Photo Editors: Adam Black, Adam Hannon, Tiffany McCormick, Jon Molson and BJ Richmond

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College. **Spoke** shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Letters to the editor are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Letters must not contain any libellous statements.

Flu shots all around!

Despite a delay in receiving the vaccine, immunization clinics will operate in Waterloo Region starting Nov. 15

By JON MOLSON

Public health clinics in the Region of Waterloo will open a couple of weeks later than they did in 2005 because of an international delay in the production and approval process for the influenza vaccine.

Despite the delay, the manager of the region's immunization and vaccine preventable disease program said there would be no shortage in vaccine shots and services offered at clinics throughout the region.

"We have delayed our clinic schedule to accommodate the delay in receiving the vaccine," said Lesley Rintche. "We are still offering the same amount of clinics as previous years and all residents in Waterloo Region will have access to our clinics and vaccine."

There will be a total of 21 public health clinics opened in the region from Nov. 15 to the middle of January. The clinics will supply enough vaccine shots for every resident in the region free of charge.

The World Health Organization normally recommends the three most common strains of influenza to vaccine manufacturers, who then grow the virus in eggs for approximately six months. However, this year complications arose during attempts to grow one of the strains, A/Wisconsin, which resulted in the vaccine being delayed by about a month.

The influenza vaccine increases the immunity in a person's body, which allows for the development of antibodies that help fight off certain virus or bacterial infections. After receiving the vaccine it takes about one to two weeks for protection to build up, and defence against the virus can potentially last up to one year.

Anyone over the age of six months can be vaccinated, but children under the age of nine, who have never been exposed to the influenza vaccine before, need to be given two shots, four weeks apart, in order to increase their protection and build up immunity against the virus.

Clinics in the region give out information brochures as a safety

precaution and before anyone receives the shot they must first answer a series of screening questions to make sure there is no risk of a negative reaction occurring after receiving the vaccine. Following the vaccination all individuals must wait in a post-immunization area for about 15 to 20 minutes and then a record of the vaccination is provided by the clinic.

Rintche said she is not concerned about this year's delay.

"I know there is no shortage of vaccines. There may be a delay, but there is no shortage, so that puts my mind at ease. Also, our local epidemiology has shown that we don't tend to see influenza activity in the region until late December or even later into the following year," she said. "If people are getting their vaccine in November they're going to be well protected in time for flu season."

She hopes a lot of people take advantage of the regional clinics when they open.

"We don't like to have a lot of flu transmission

because that puts people's health in a compromising state," Rintche said. "There are deaths related to influenza and we certainly don't want to see a loved one die."

Rintche is confident that despite the delay the region will be successful in minimizing the chances of a serious influenza outbreak.

"There are many people who get immunized, they want to stay healthy, they want their families to stay healthy," she said. "We offer clinics throughout the region making it very accessible for people."

Nick Klassen, a first-year international business management student, plans on getting the influenza vaccine this year.

He has received the shot on at least eight separate occasions.

"I have gotten it on different years, depending on outbreaks," Klassen said.

"I kind of follow the news and this year being at the school with so many people I think I probably should."

Klassen thinks it is a good idea to get vaccinated and hopes the college offers it as a service to students.

"We are still offering the same amount of clinics as previous years and all residents in Waterloo Region will have access to our clinics and vaccine."

*Lesley Rintche,
manager of the immunization
and vaccine preventable disease
program*



(Photo by BJ Richmond)

A messy job

First-year woodworking student, Ben Oorebeek, doesn't mind getting covered in sawdust as he fine-tunes his skills on a lathe.

the learning commons

Peer Services

Learning Skills Service

Writing Services

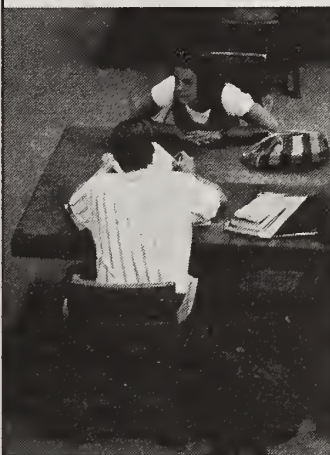
Thinking About Getting a Tutor?

Peer Tutoring provides the opportunity for you to:

- Improve your understanding of the key concepts in a course
- Review and practice challenging course material
- Improve your marks, performance and self confidence

To request a tutor visit the Learning Commons -- located in room 1B36 (back of the Sanctuary)

Students Helping Students – It Works!!!!



CONESTOGA
Connect Life and Learning

Learning Commons

Temporarily Located in 1B36 (In the Sanctuary)

Hours of Operation: 8:30 a.m.— 4:00 p.m.

Telephone:

519-748-5220 x2308

Website:

<http://www.conestogac.on.ca/jsp/stserv/learningcommons/index.jsp>

Bars and cars don't mix

By LEANNE MOUNTFORD

As bars filled up this Oktoberfest, police officers were busy keeping the impaired off the roads.

Waterloo regional police conducted 16 RIDE programs throughout the 10-day festival, checking 16,222 vehicles for drinking drivers.

Mike Bisson, a first-year police foundations student at Conestoga College's Doon campus, worked as a security official at the Queensmount Arena on the first weekend of Oktoberfest.

Bisson said people were getting really drunk and were getting kicked out.

"They were mostly young people," he said.

RIDE, (Reduce Impaired Driving Everywhere) started in 1977. It is a provincial campaign led by the police which involve police spot checks, where vehicles are stopped and drivers are checked for impairment, according

to the Ontario Ministry of Transportation website.

Police conducted 118 roadside tests, issued 30 12-hour licence suspensions and laid 33 charges in connection with criminal drinking and driving offences. Insp. Bryan Larkin of the Waterloo regional police, said in a press release.

This year, the Oktoberfest RIDE campaign dedicated more than 100 police officers to ensure the safety and security of the roadways, Chief Larry Gravill, said in the press release.

"On behalf of the Waterloo Regional Police Service, I would like to thank our community and festival partners for their collective efforts to promote and raise awareness to reduce impaired driving throughout Waterloo Region," he said.

Police remind motorists that RIDE programs will continue throughout the month of October and urge everyone to plan ahead, and drive safe and sober.

Students must be vigilant to avoid identity theft

By AMY MEADOWS

Ever think that identity theft could never happen to you? Think again, because the fraudsters are smart, discrete and, according to Detective Norm DeBoer of Waterloo regional police's fraud branch, they don't care who you are.

"These people have no conscience. Believe me, I arrest them," said DeBoer, who has worked on the fraud squad for five years. "Whatever your weakness is, they will use it against you."

DeBoer, a 17-year veteran of the force, spoke at the Kitchener Public Library on Queen Street, Kitchener, Oct. 12, about an increase of fraud cases in this region. The two main types are account takeover (using a person's credit card) and application fraud (gaining enough personal informa-

tion to apply for credit in a person's name.)

"Identity theft is soaring," he said. "People read about it and see it on the television and they see how easy it is to do, it gives people ideas and makes more work for us."

So who is at risk from one of the most serious threats to the public today? Everyone. Yes, it includes students to whom debit and credit cards are indispensable.

In June 2005, Card System Solutions, a company that deals with the major credit cards, Visa, MasterCard and American Express stated 40 million credit card numbers had been stolen during a 12-month period.

"Every 60 seconds a thief steals someone's identity and goes on a shopping spree," he said. "The average victim will lose \$1,600."

He said those living with roommates should be diligent with their personal financial information.

"Change passwords regularly and store your paperwork somewhere safe," he said. "It is your responsibility to take precautions."

But, according to DeBoer, students don't only have to be wary of giving financial details to roommates.

"People have posed as landlords to obtain credit card details," he explained. "The person to steal your financial details is never the person to use them, these people don't work alone and they are never who they say they are."

Debit card fraud alone totalled \$150 million last year.

Part of the problem is the influx of fake ATM fronts designed to copy the card number and acquire your Personal Identification Number (PIN,) making the cloning of cards possible.

"Make sure you go to the ATM you would usually use," DeBoer said. "That way you will notice any differences in the appearance of it."

But that isn't the only form of modern technology that makes ID theft easy. With the Internet present in almost every household now and the busy, demanding lives many of us lead, the convenience of online banking is becoming popular.

"Phishing is a major problem with the Internet," he said. "It is when spoof e-mails are sent luring the recipient onto fraudulent sites to disclose personal financial information. The sites are made to look like reputable well-known institutions."

His advice? Ensure you have an anti-virus in place, update your browsers and be suspicious.

"Reputable companies won't send you an e-mail asking for personal financial details," he said. "If you don't know the sender, delete it."

He mentioned VISA would be testing biometrics in the Waterloo area in the future, with the introduction of a "smart card."

Smart cards are the ID of the future and are able to recognize unique identities thanks to technology ranging from retina scans to voice recognition, and from fingerprinting to the most successful ID, facial recognition.

During the talk DeBoer joked about a fraud conference he attended last year.

"I was at the conference, and I had my credit card stolen," he said.

He said with the lead up to Christmas and the recent Oktoberfest celebrations ID theft is at its peak.

He added any incidents should be reported to the police immediately and that all ID theft issues should be treated seriously.

"Crooks are stealing honest people's information," said DeBoer. "They ruin in a day a credit rating a person has spent years building."

WELCOME!

CONESTOGA

PRIDE!!

MEETING ON
WEDNESDAY, OCTOBER
25TH

AT 4:00-5:00

IN ROOM 2E05



(Photo by Amy Meadows)

Make sure to cover up your PIN number at ATM machines, because every 60 seconds someone's identity is stolen.

UNIVERSAL bus pass survey



Let your voice
be heard!

Check your conestoga email starting October 25th and fill out a quick survey about the Universal Bus pass and you could WIN 1 of 15 sets of Galaxy Cinema tickets. Surveys must be filled out by November 8th. winners will be notified through email.



GOOD LUCK!



www.conestogastudents.com

ROOM 2A108

FREE

**CONESTOGA
STUDENTS INC
SELF SERVE
AREA**

**BINDING
LAMINATING
FAXING
SCANNING**

color printing & color overheads...**25¢**
black & white photocopies.....**15¢**
black & white overheads..... **FREE**
For school use only

HOURS OF OPERATION

Monday - Thursday: 8:00 am - 8:00 pm

Friday: 8:00 am - 4:00 pm

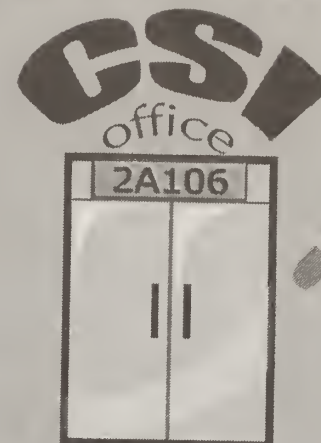
Saturday: 10:00 am - 2:00 pm

Making Photocopies?

**CONESTOGA
STUDENTS INC**

STEP 1:

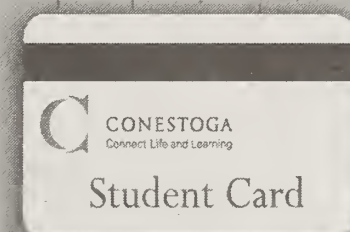
Visit us at the CSI office



STEP 2:

Put Money on your
Student Card

(\$2 min.)



STEP 3:

Use your student Card
in Copier.



.15¢ a copy



(Photo by Becky Sharpe)

Second-year business administration - accounting student, Corie Lehman, and first-year mechanical engineering technology - robotics and automation student, Scott Etccvitch, enjoy their time playing video games at the first-ever local area network (LAN) party in the blue room cafeteria on Oct. 13.

Students plug in at LAN party

By ANNELISE THOMPSON

On Oct. 13 Conestoga held its first ever LAN (local area network) party in the blue room cafeteria after classes.

The party was a huge success according to both organizer Trevor Welsh and fellow planner David Henry, both second-year computer programmer/analyst students.

"There were about 42 people here from the sign-up sheet we posted," said Henry, "plus a few extras that just showed up."

Welsh agreed, adding that the attendance has been pretty steady since people showed up around 4 p.m. to get started.

Of course, some people, mainly Welsh, have been at the party since the early hours of the morning getting everything set up.

"I got here about seven in the morning," he said.

Although many games were played throughout the night, including Star Craft, War Craft and

Battle Field Two, Counter-Strike: Source was the student favourite.

"There has been about 30 people playing Counter-Strike: Source at any time all night," said Henry, "but Battle Field Two has also been really popular."

And though the event ran relatively smoothly, no event is complete without some bumps along the road.

"We had a few technical issues, like the Internet going down," said Henry, "so we didn't start until 4 p.m. after Trevor got everything all figured out again."

"There have been a few problems or glitches, but it's as expected with running an event like this," said Welsh. "But on the whole, it's been pretty seamless."

Another problem that plagued the LAN party was being able to ensure that everything was set up properly with the different levels of the college's administration.

"This LAN party was a little more challenging to set up here at

the college than it was at my high school," said Welsh, adding it is difficult to synchronize everything at a college.

Henry added that a special thank you needed to be said to Welsh for doing such a terrific job and setting the whole party up.

"The next party takes place on Nov. 17 at 4 p.m. again," Welsh said.

More information can be obtained from flyers posted around the school.

Business students may also receive a visit in class by Welsh with details about the upcoming event.

"Word of mouth has by far been the best way to get people to come out," he said.

"We're going to try for next time to get around to more classes and let them know that this kind of event is taking place and see if we can get even more people to turn up."

Chill out with Student Services

By TIFFANY MCCORMICK

Stress is defined as mental or physical distress caused by difficult circumstances.

With the semester reaching its halfway point, projects, assignments, tests and mid-terms are on the rise and so are students' stress levels.

Chillax, a free annual service offered by Student Services, allows students who are feeling overwhelmed and under pressure to alleviate some of their worries and gives tips on how to manage stress.

In its third year, Chillax offers relaxation exercises with on-campus counsellors. This year's exercises are: meditative breathing, visualization and progressive muscle relaxation.

Joan Magazine, Student Services

counsellor, said stress management is a combination of what the situation is and how we handle it.

"Stress is a part of life," she said. "Being a student can be very stressful."

Magazine said the exercises will take place in separate classrooms so students can have the opportunity to try out each activity.

"It gives them a little taste of managing stress through some way of relaxation," she said.

Magazine said the exercises were chosen as they are activities the counsellors can demonstrate and the students can take part in.

"They're good for your health, managing stress and concentration," she said.

Magazine outlined three specific reasons for Chillax: a way for counsellors to meet the students, to teach them a form of relaxation and

as a way to inform students that help is available if they need it.

"It's to reach out to students," she said, "to let students know counselling services exist."

Magazine said one of her worries as a counsellor is for the students who may need help but don't know where to turn.

"Those who fall by the wayside," she said, are who Student Services wants to ensure know about them.

Magazine hopes students who attend Chillax will walk away with a knowledge of school counsellors and have learned that forms of deep relaxation are useful.

"I hope students learn there are ways to relax and take care of yourself," she said.

Chillax is set for Oct. 27 on the second floor of the E-wing from 11 a.m. to 1 p.m. Everyone is welcome to attend.

Vegans don't have to settle for salad

By ALLISON STEINMAN

The word vegan is derived from the word vegetarian as it is made up of the first three and last two letters of the word. To be vegan means to abstain from eating or using any animal products such as meat, dairy products, leather and anything cooked in animal fats. This is a diet that a second-year nursing student at Conestoga College knows a lot about.

Stephanie McLarty, who has been vegan for only about a month, said there are a million reasons why she chose the diet. She listed environmental efficiency and concern for animal rights as a couple of them.

"You have to feed animals," she said. "You don't have to feed corn."

Some of McLarty's new favourite foods include tofu sausages and vanilla soy milk.

"There's a vegan alternative for everything," she said.

Kathy Padgett, a Kitchener resident and practising vegan for eight years, said she chose the diet because of her interest in the production of food, the farming industry and the treatment of animals.

"I didn't become vegan for health reasons, that aspect of it never crossed my mind at the time," said Padgett, who started out as a vegetarian. "I did it strictly because of poor animal treatment."

McLarty said her favourite thing about the vegan lifestyle is the food.

"I love the food, it's stuff you'd never think of eating," she said. "You just discover a whole new way of eating."

Padgett said she enjoys cooking vegan food and inviting non-vegan friends over to try it as well as being able to educate people on her lifestyle. Some of her favourite dishes include vegan lasagna and vegan desserts such as cheese cakes.

"People tease me a lot about it and I may not change their ways of eating," she said, "but they definitely gain a new perspective."

Both McLarty and Padgett agree that being vegan has been a rewarding experience with several health benefits.

McLarty said she feels a lot healthier than she used to.

"I actually take the time to cook a good meal now," she said. "It's important to make sure you're getting a healthy, balanced diet."

Padgett feels the vegan lifestyle is not only healthier for the individual person, but for the whole food production cycle.

McLarty and Padgett are both confident they're receiving all the nutrients their bodies need even with the absence of meat and dairy products.

McLarty found several alternative ways of getting what her body

needs, such as calcium-enriched orange juice and nutritional yeast, a good source of vitamin B12. McLarty said it tastes a lot like butter and is delicious on popcorn among other things.

"If you can eat it, you can put nutritional yeast in it," she said.

Padgett said vegans aren't the only people who need to worry about their diets.

"I think a vegan who eats properly with daily portions of tofu and vegetables is a lot better off than someone who eats junk food all day," she said.

There is no denying that the vegan lifestyle comes with some challenges, but both women seem to be handling them well.

McLarty said some of her family isn't as supportive of her choice as she'd like them to be.

"I believe in being vegan," she said. "If they don't that's their business."

She added it's sometimes difficult to eat out as a vegan if a person doesn't know where to go. Some of her favourite options are New York Fries, which cook their potatoes in vegetable oil, and a veggie burger from Kelseys.

Both Padgett and McLarty admit vegan food is slightly more expensive than regular food but said spending the extra money is worth it.

"I'm happy to spend the money," said Padgett. "The more popular these foods become the cheaper they'll be."

McLarty finds that imitation meat is rather expensive.

"The meats are costly," she said. "But so is regular meat. If you buy a steak it's going to cost you money."

As far as advice for other vegans goes, Padgett listed standing up for beliefs, taking the choice seriously and not acting like the "vegan police" when it comes to other people's food choices as three of the most important things to remember.

McLarty stressed the importance of doing research.

"Don't think it's all about salad," she said. "There are a million different things to eat."



(Photo by Allison Steinman)

Second-year practical nursing student, Stephanie McLarty, relaxes at Tim Hortons after a day of classes with a hot tea, which is one of the few vegan-friendly products the establishment offers.

A simple gift that keeps on giving

With the holiday season fast approaching, Operation Christmas Child is in full swing

By VANESSA BUTLER

The holiday season is approaching, which can bring about many emotions.

The holidays are a time to relax or be stressed out, a time to spend with family or avoid family functions, a time to give or to receive, a time to volunteer, give back and spend time in the community, but most of all a time to love.

As the holiday season draws near, so does a certain buzz in the air. But what truly defines a holiday? A relaxing, unworried experience that enables everyone to be carefree? Sure. But that's not likely.

Unfortunately for many, especially children, the holiday season is not full of joy. On Christmas morning, many children awake to a lush tree and many gifts, but many also do not. A great number of children around the world live in poverty and with disease and terrorism. These same children are malnourished and uneducated, not to mention homeless. Around Christmastime many people like to give back by volunteering in the community, at food banks or homeless shelters to try and bring a smile to those faces.

One organization that is involved in giving back to the community is Operation Christmas Child, which was conceived in 1990 after the Bosnian war destroyed thousands of lives. The idea to pack shoe boxes with toys, hygiene products and school supplies was designed to give the children a ray of hope in a time of need.

Currently the operation reaches 125 countries and six continents and is still expanding. Last year alone Canadians donated 723,091 boxes. The shoe boxes reach those children living in countries such as Argentina, Bolivia, Venezuela, Haiti, Senegal, Chili and Guinea.

Operation Christmas Child is a non-profit organization that is funded solely upon donations. "There are very generous people out there who love the program," said Benjamin Bowler, media relations co-ordinator for the

project. "People just want to give, and be involved." The donations given to the project cover warehouse costs as well as shipping the boxes to the various countries. Bowler emphasizes the goal of the project is helping children. "What we do makes a difference in the lives of a child who needs it," said Bowler. "It's about building relationships, kids helping kids."

Lisa Stanescu, program development co-ordinator for Samaritan's Purse, which is the organization that runs Operation Christmas Child, said, "We welcome anyone who is willing to roll up their sleeves, get in there, and work for a few hours."

toys and hygiene products," said Bowler. "The gifts let children be children, and they can't really be children without joy."

The initiatives don't just stop at the shoe boxes, they go way beyond. "We have NLTs, (national leadership teams) that hand out 95 per cent of the shoe boxes," said Bowler. "They ensure the boxes get to the right place, to those who need them most." Some of the items the project doesn't deliver are anything that might melt or freeze, leak or break, or anything that might scare or harm a child.

Bowler would like to see the boxes reach the entire world, and said the operation is one of international status. "Our

hearts go out to these people," said Bowler.

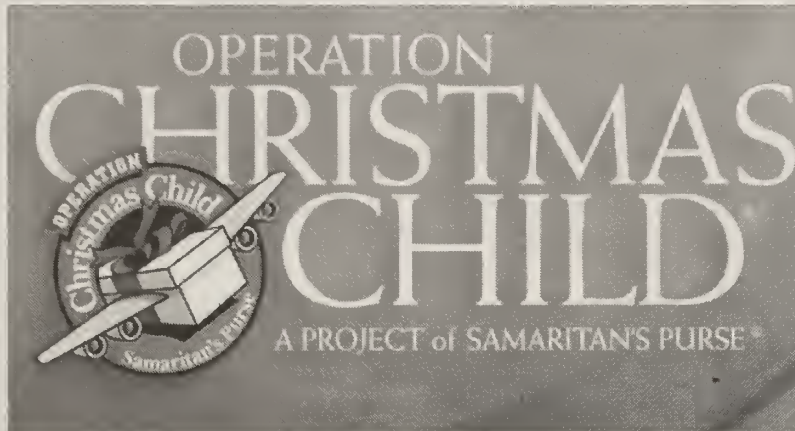
Stanescu has personally delivered a number of shoe box gifts to children in Central America. "I've learned how important it is for a child to have hope," she said.

The operation is always looking for people to get involved. For starters, pack a shoe box and send it along with a \$7 donation. "Education for these children is free,

but the supplies to have them there are not," said Bowler. "The children are just as excited about school supplies as they are toys."

Operation Christmas Child is just one project of Samaritan's Purse, an international relief and evangelism organization.

To get involved and make a difference you can visit a local processing centre, where the boxes are put together before they get shipped off, or you can call 1-800-303-1269 to get the name of a contact person in your area. Or you can visit the operation's website at www.samaritanaspurse.ca.

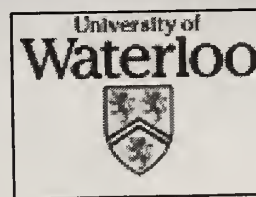


Stanescu said the program's volunteers require a high level of commitment, such as volunteers doing promotions and media relations year round, and applicants must be passionate about the mission and vision of the operation. Stanescu said beyond that the organization tries to match each volunteer's skills and goals with a position that will allow them to be effective, as well as personally fulfilling.

"Everyone on our team at Operation Christmas Child interacts with volunteers," said Stanescu. "These people literally make every aspect of this program possible, without them, this program wouldn't exist."

Bowler said he truly believes that global awareness is key and this initiative allows people to think beyond themselves. At Christmastime, sometimes the true meaning can become blurry; the real message is that it's better to give than to receive.

The slogan that Operation Christmas Child thrives on is The Power of a Simple Gift. "The gifts are simple, the basics like school supplies,



STUDY VOLUNTEERS WANTED

The Department of Psychology at the University of Waterloo is currently seeking volunteers for a study of sexual attitudes.

Who? We are looking for adults 25 years of age and older to participate

What? Completing questionnaires about your personality, mood, and your attitudes towards different aspects of human sexuality. The study takes about 30 minutes.

Where? The questionnaires are completed online, at a computer wherever you choose. The survey is password protected to ensure confidentiality. All participants may enter a draw for one of 5 \$50.00 cash prizes.

For more information or to volunteer, e-mail Christina at purdlab@watarts.uwaterloo.ca

This study has been reviewed by and received ethics clearance from the University of Waterloo Office of Research Ethics.

COUNSELLOR'S CORNER: Suicide

When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel helpless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- **Talk of** – escape, having no future, being alone, feeling hopeless or helpless, suicide, death, or plans for suicide;
- **Feelings of** – desperation, hopelessness, disconnection from family and friends;
- **Situation** – relationship problems, work problems, school/failing grades, trouble with the law, family breakdown, sexual/physical abuse;
- **Physical Changes** – lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite;
- **Behaviours** – alcohol/drug abuse, fighting, lawbreaking, emotional outbursts, dropping out of school, prior suicidal behaviour, putting affairs in order, giving away prized possessions to friends and family, telling final wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it, encourage them to share what is happening with them. Talking about suicide with someone does not support suicide; it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem.

If you feel that any of this information applies to you or someone you know, ask to speak to a counsellor in Student Services.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

MOVIE TICKETS

Valid at Cineplex Odeon,
Galaxy cinemas and Famous Players

CONESTOGA
STUDENTS INC

ADULTS \$8.50
CHILD \$5.00

available at the CSI office.
Room 2A106

Sign up at the CSI office,
Room 2A106

CONESTOGA
STUDENTS INC

PUMPKIN
CARVING
contest

OCTOBER 31
12 NOON IN THE SANCTUARY

work for the
CSI

DOING
SECURITY
@ PUBS and EVENTS

CONESTOGA
STUDENTS INC

**WE
WILL
TRAIN**

Submit your Resume to Lindsay Silva
in Room 2A106
or email at, lsilva@conestogac.on.ca

FRIGHT WEEK

THE RING SANCTUARY 11:30 AM	Sanctuary 11:30 AM SAIII	SCARY MOVIE SANCTUARY 11:30 AM	SANCTUARY 11:30 AM THE EXORCISM	HALLOWEEN 27 Sanctuary 11:30 AM
--	---------------------------------------	--	--	---

HALLOWEEN BASH

CONESTOGA COLLEGE

9:00 PM - 1:00 AM

All Ages
\$2.00 AT THE DOOR
Proper I.D Required

CONESTOGA STUDENTS INC

October 26, 2006

Psychic entertainer says student will be a "crazy cat lady"

By BRANDON WALKER

He didn't bring incense or a crystal ball. Instead, psychic Dan Valkos brought a black briefcase and a plastic bottle of Diet Coke to the Sanctuary, Oct. 10.

Students lined up near the stage at noon to ask Valkos three free questions.

I found myself at the end of the line, curious about my future.

"What should I ask him?" I thought. "I only get three questions and I better make sure they're good ones."

I quickly scribbled three questions into my binder and before I knew it, I was sitting in front of Valkos, hoping I'd get a good reading.

"Hello lad," he said while shaking my hand.

I explained I was writing a story on his visit to the college and he reached inside his briefcase and handed me his business card. "You can get more information from my website," he said.

The reading began with my first question.

"Should I go to university after I graduate?" I asked.

"Yes," he quickly replied.

"Will I work as a reporter?"

"Yes, for part of your professional career," he said.

"How much longer will I be single?" I asked.

"Forever, you're a loser and nobody likes you."

I sat there, shocked, for a few seconds until he cracked a smile.

"Just kidding. Don't put that in your story, OK? You'll meet someone in about a year. It won't necessarily be marriage though."

"Thanks," I said, and started to get up.

"Oh, and by the way lad," he said. "You're an alright guy, don't quote me on that though, cause I won't admit to it."

"Thanks again," I said, before shaking his hand and walking away.

And just like that it was over. I'm not really sure what to think. His website (www.danvalkospsychic.com) says I should trust my instincts, but it all happened so fast.

Students at the college also seemed torn over whether to believe their readings.

First-year recreation and leisure student Brittany Goodman said she thinks he was telling the truth. "I don't want to, but I do (believe)."

Valkos told Goodman she and her boyfriend weren't "necessarily" good for each other. "He said to wait and see what will happen over the next couple of years. He also said I'd have three kids, and all of

them will be girls and that I'd get married, but not soon."

Goodman said she'd never been to a psychic before and would go to one again.

"He said I'd be a crazy cat lady that hasn't gotten laid in 22 years and I'd yell at the neighbour's kids to get off my lawn," Christina Dyck said. "Then, he said he was joking and that I'd be married in five years."

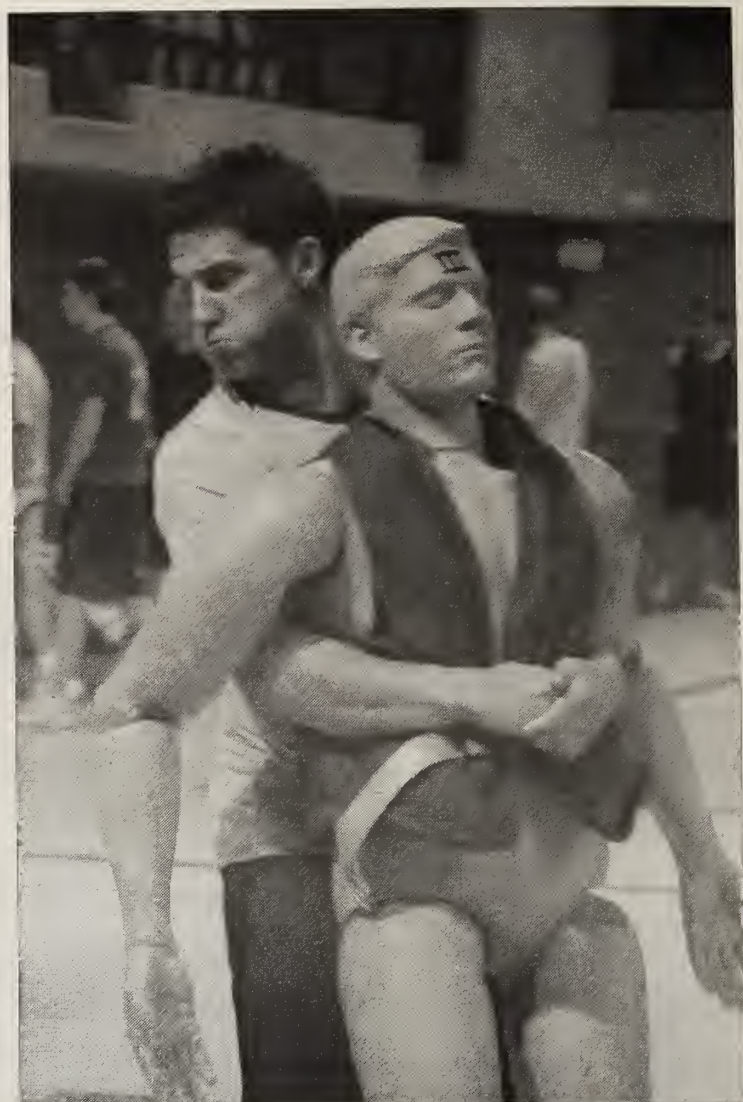
Dyck, also a first-year recreation and leisure student, said although she likes cats, she doesn't believe there is any truth to the reading.

Described on his business card as a psychic entertainer who gives readings, classes and past life regressions, Valkos has been in the fortune-telling business for more than 35 years.

Conestoga Students Inc. (CSI) brought Valkos to the college. CSI vice-president Roxy Stanciu said Valkos comes just to entertain. "We try to bring a variety of acts to the school. He's pretty expensive but we want the best."

This is the seventh year students have been entertained by Valkos.

"He told me the same thing this year that he did last year," Stanciu said. "He always tells me I'm going to be in the public eye, which has come true."



(Photo by Annelise Thompson)

Students feel weight of their workload

Rob Kozak lifts a 200-pound dummy at the police foundations and LASA fitness training session on Oct. 10 at the rec centre.

Manifest deception, society's new pseudonym

People are strange when you're a stranger; faces look ugly when you're alone. Women seem wicked when you're unwanted; streets are uneven when you're down.

When you're strange.

Jim Morrison knew society for what it was. As an outsider, both by force and choice, Morrison cultivated his subconscious societal antagonism, the suppressed mindset that is inherent in all of us.

There is no community. No harmony. No unity. No freedom. Togetherness is an illusion. Society is actually a system of control, a system of alienation, a system of bureaucratic poppycock.

Borders are arbitrary.

Laws are suggestions.

Segregation is fear.

Yet we fail to see these naked truths. Life has become a means to an end, we want to get where we're going as quick as we can. Everyone wants to be the centre of the universe, therefore, thinking they're better than everyone else. Me. Me. Me. Now. Now. Now. A.S.A.P. When you stop and think about it though, the end we're striving and dying for is, well... death.

There are no trips anymore. No travels. No rides. No roses. There are only destinations.

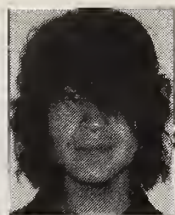
We've become serpents hiding amongst the apples humping numbers, hoping, praying it yields more green offspring. We've become vultures who gather at anti-Life conventions consuming red wine, inhaling generations and exhaling The Plague.

Hopelessness.

Despair.

Revelations.

Not much can be done as the same song is on everybody's lips,



Jason Sherritt

Opinion

brainwashed through conformity. Revolution falls upon deaf ears, our eardrums disengaged and tuned into CNN. Crime. Sex. Terror. War. Even peace on Earth is no longer an ideal but a commercial enterprise and maybe that's as close as it could ever get to being a reality.

Rene Descartes proved the one and only thing that is without doubt, I think, therefore, I am. In other words, I cannot doubt that I think, so I exist for certain in my mind. Maybe that's why there is no heaven on Earth, for Arcadia exists solely in our minds.

Maybe there's no right and therefore, no wrong.

Maybe I am the centre of the universe.

Maybe I am better than you.

But we all share the same, simple and shameful flaw of being contributors to the social machine. The only difference being, perhaps, is that I'm going to enjoy my ride, my life, my breath, my journey.

You may say I'm a hippie, a beatnik, Bohemian, a flower child, a maverick, a libertine, a rebel, a dreamer. But I'm not the only one.

So open your eyes, get your kicks and dig life. Alienate society, the organization, not the people. For once you do, freedom is no longer that frivolous sentiment. It becomes a genuine and undeniably sincere way of life. You have to lib-

erate your freedom though, as it has been imprisoned for fear that you may actually become an individual.

Or you can continue to be told that you must look a certain way, which determines who your friends are, which then determines how your life will be. Duped into thinking you are unique when, in fact, you're just a factory-line, emotionless product.

If this offends you in any way at all, then maybe it's time you actually stopped to look at yourself. Denial and deflection are great defence mechanisms and thank you; you've just proved there is a problem.

Some of you either thought to yourself or said to a friend while reading this that you don't identify with what I'm talking about, I'm just rambling on about some idiotic and redundant pipe dream. Others thought or said I'm being hypocritical, as I'm not including myself in the absurdity of being.

For the former, someday you'll have to face the grim, gallows-pole reality that what I speak of is true. And the latter, I am, in fact, part of what is wrong. But I'm conscious of it and take it as far as I can in terms of breaking free. Stopping the complete transition is the fact that I cannot make other people see the way I see. I can try, as groups of people in every generation do, usually writers and musicians.

So if this has been nothing but an amusing rant and/or a topic of discussion in any manner amongst yourselves, then I'm happy. As it means that this has been published and read, something society does not prefer or usually allow.

Love and light, from me to you.

Living in residence has pros and cons

Moving out on your own can be a trying time for anyone, especially when you've been used to living under your parents' wing. For students starting post-secondary school they usually have the choice of living in the school residence or another kind of housing.

When I moved out of my parents' house last year to start school, I had no doubt in my mind that I wanted to live in the residence.

I always pictured residence being like the scene from the 1993 teen movie *Son in Law*, where someone like Crawl is the resident adviser and not very many rules are applied to anyone, but I was sadly mistaken about that part.

Some downfalls I found to living in the Conestoga residence was the fact that the only kitchen appliances available in my room were a microwave, small toaster oven and a toaster, so making various types of food was difficult and the majority of my food consisted of microwavable dinners.

There were times when I did appreciate having the resident advisers, better known as RAs, being around on nights when I needed to get my homework done or a good night's sleep while other people were up late drinking and making a commotion. Another factor that could discourage someone from moving into residence is the fact that you are put into a room with someone who you don't know, and maybe will not get along with. Luckily for myself I had an amazing roommate, mostly because we had been friends for many years before that and we



Peggy O'Neill

Opinion

specifically requested to be put in the same room, but not everyone is so fortunate. Having a roommate who is totally opposite from you can be pretty tricky, frustrating and it may even put a damper on your entire year.

By the second semester I had already made up my mind that I would not be returning to the residence, but instead I would get a townhouse near the school with a few close friends. Since moving into my townhouse, I have more freedom because there's no longer RAs around giving out fines or trying to establish quiet time hours. I also appreciate the simple things like having a large kitchen to cook in, a living room, my own personal room and, of course, regular Internet because just about everyone who lived in residence knows the Internet was problematic at times.

Of course, now instead of being hassled by RAs it's the landlord or neighbours who go to bed early and don't appreciate late night wakeups.

I know I made a lot of great memories and friendships while living in the residence, and I wouldn't take back living there for a year, but I also know that I wouldn't be able to do it again.

Bikers roll into Port Dover to hog it up

By TARA RICKER

The quiet streets of Port Dover were awoken on Friday, Oct. 13 by the roaring of motorcycle engines.

This was not the first year the small Lake Erie town was invaded by motorcyclists, but rather the 25th.

"Like the irresistible force of migrating birds, motorcycle enthusiasts flock into town every Friday the 13th," said Dave Tank, resident and owner of Dave's World clothing store in Port Dover.

It is an opportunity for motorcycle enthusiasts to come together and celebrate their way of life by showing off their Harley Davidsons, enjoying live bands, drinking beer and indulging in a pig roast, said Tank.

"Bikers like this sort of event," said Aaron Musman, resident of Port Dover. "They like to bounce around and hit as many events like this as they can."

Musman has lived in Port Dover for 19 years and attends the event every time it rolls into town.

"It's a unique experience that continues to grow each year," he said.

About 150,000 people attend the event every Friday the 13th and some travel from as far as North Carolina and Texas, said Musman.

Even with the chill of winter in the air and giant snowflakes falling from the sky, the event still attracted close to 70,000 people this year, said Musman.

The Friday the 13th tradition started in 1981. Port Dover native and motorcycle enthusiast, Chris Simons, and approximately 25 friends, through word of mouth, got together at the Commercial Hotel 'The Zoo', now known as Angelos of Dover. It was in

November and it was Friday the 13th. They had such a good time they decided they should do it every Friday the 13th. And so the tradition was born.

Simons' passion for motorcycles was instilled on him when his father, George Simons, gave him a Rupp minibike.

Today, Simons owns a well-known bike shop in Port Dover called Biker's Delight.

"Everywhere I go people have heard of Friday the 13th in Port Dover," said Simons. "I'm truly proud to be part of such an awesome tradition."

"Like the irresistible force of migrating birds, motorcycle enthusiasts flock into town every Friday the 13th."

Dave Tank,

Port Dover resident and owner of Dave's World clothing store

Simons even has a suitcase full of newspaper and magazine clippings regarding Friday the 13th.

Even though the event attracts motorcyclists from all over, many Port Dover residents have mixed feelings about the event.

"A lot of people love it and a lot of people hate it," said Musman. "It depends on the person."

Musman said a few of his friends left town for the day because they can't stand the amount of people the event draws but Musman believes the event is important to the town, especially economically.

"There will always be positives and negatives to everything," he



(Photo by Tara Ricker)

Dave Tank, owner of Dave's World clothing store and resident of Port Dover, along with employee Aaron Musman, hang a sign outside the store as bikers rolled into town. Every Friday the 13th the town of Port Dover becomes a biker haven for motorcycle enthusiasts.

said. "You just have to deal with it."

Mike Yurko of Yurko Custom Choppers, in Toronto, was at the event with his DeWalt Lightning chopper, winner of Judge's Choice Best in Show at Daytona and the She-Devil amazing machines. Titan Motorcycles and Ride for Sight were also part of the event.

Port Dover will be hosting its next Friday the 13th event in April 2007.

"A lot of people think the event is only for motorcyclists but that's not the case," said Musman. "The event is for anyone with a bit of a wild side."

STUDY IN AUSTRALIA!



Diploma to Degree Conversion in One* Year

Griffith University is strategically located in Australia's fastest growing region – the flourishing Brisbane-Gold Coast corridor. Griffith is regarded as one of Australia's most innovative tertiary institutions.

Masters Degrees

Griffith offers a range of one-year professional Masters programs. College students can potentially gain a Masters with two years of full time studies.

Articulation Options

For a list of Conestoga College Diploma's that will lead into one or more of over 500 undergraduate and postgraduate programs at Griffith www.griffith.edu.au/credit.

Scholarships

Scholarships are available each year for students of College articulation partner institutions. Contact KOM Consultants for details.

Applications

Contact KOM Consultants for further information, details and an application form.

KOM Consultants
PO Box 60524
Mountain Plaza Postal Outlet
Hamilton, Ontario L9C 7N7
T: 905 318 8200
E: info@komconsultants.com

* The length of the conversion program is dependent on the diploma type and discipline

www.griffith.edu.au/international

CRICOS Provider Number: 00233E

Griffith
UNIVERSITY
Queensland, Australia

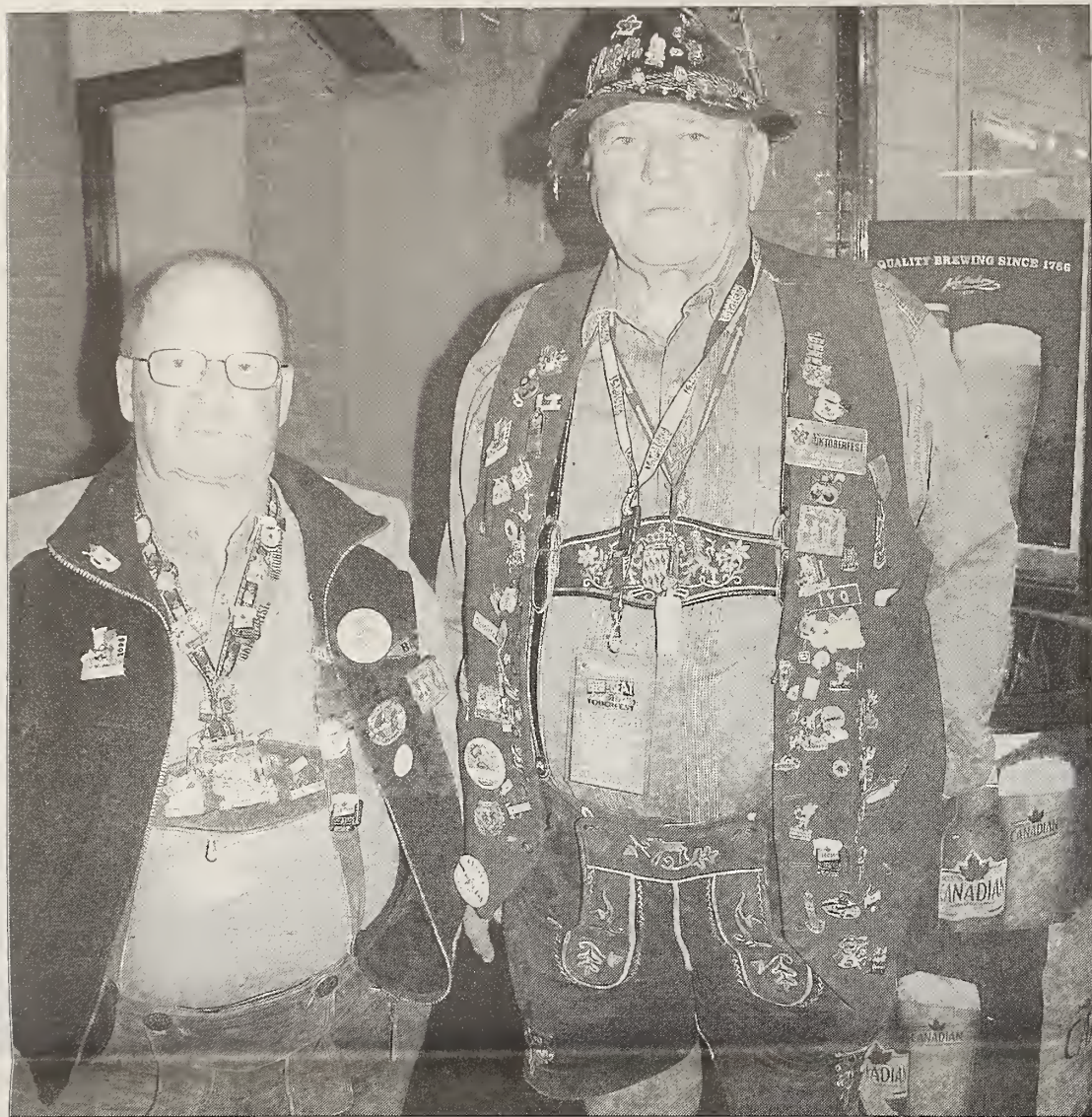


(Photo by Jenn Sprach)

Pumpkins, goblins and ghosts, oh my

The owners of a Kitchener home, located at 224 Lancaster St., show off their Halloween spirit with an extensive display in their front yard.

1,200 students rock Muchtoberfest



(Photo by Kristin Grifferty)

Mr. Oktoberfest (right), also known as Dr. Bishop, helped kick off Muchtoberfest on Oct. 12 at Queensmount Arena.

By KRISTIN GRIFFERTY

Beer and sausage were all the rage at the annual college night at Oktoberfest.

On Oct. 12, the Queensmount Arena in Kitchener hosted approximately 1,200 students for Muchtoberfest.

The beverage of choice was beer, and Bavarian hats and souvenirs were the accessories to have. Hundreds of students danced and drank while a giant video screen played popular music provided by the television station MuchMusic.

Former Conestoga student and MuchMusic VJ Tim Deegan, along with Mr. Oktoberfest himself, Dr. Bishop, helped kick off the successful event.

The Lions Club of Kitchener, along with CSI, organized the party for Conestoga students, as well as other students from various post-secondary institutions.

"We always target Conestoga because they give a great turnout."

*Charlie Davis,
past president of Lions Club*

Tickets were sold for \$10 in advance, and for \$12 at the door.

All proceeds from ticket sales went to the school. Other revenue from souvenirs, beer and food sales went to the Lions Club, which puts it into the community.

Charlie Davis, past president of the Lions Club, said they have been

hosting the party for Conestoga for as long as he can remember.

"We always target Conestoga because they give a great turnout," said Davis. "They're usually well-behaved and we always have a lot of fun."

Davis said his staff of more than 120, including security, agreed that college night is always the busiest night during the Oktoberfest festival.

Darcy Sandford has been working at Oktoberfest for the past six

"It's the best party of my life."

*Johnny McMillan,
Conestoga grad*

years and said college kids really know how to party.

Lori Dewar, who has worked as a bartender at Oktoberfest for the past 13 years, agreed.

"It's always lots of fun," said Dewar. "Even the staff usually has a great time."

It was obvious to anyone in attendance that the students were thoroughly enjoying themselves whether they were drinking, dancing or lounging at a table.

Conestoga grads Roger Kneehorn and Johnny McMillan have been coming since 2002, and still make an effort to attend even though they have graduated.

McMillan said it best when he said, "It's the best party of my life."

ROGERS
Your World Right Now

↑ Top 10
RealTrax™ ring tunes
Week of October 16

1. Chain Hang Low (Kids)
- Jibbs
2. I Know You See It (A Cappella)
- Yung Joc
3. Lips of an Angel
- Hinder
4. London Bridge (Chorus)
- Fergie
5. Money In The Bank
- Lil' Scrappy
6. Money Maker (Pharrell Chorus)
- Ludacris (feat Pharrell)
7. Ring the Alarm
- Keshia Chante
8. Say Goodbye
- Ashlee Simpson
9. Sexy Back
- Justin Timberlake
10. Shoulder Lean (feat. T.I.)
- Young Dro

Text "PLAY" to 4800 on your Rogers wireless phone to download your favourite ring tunes today.

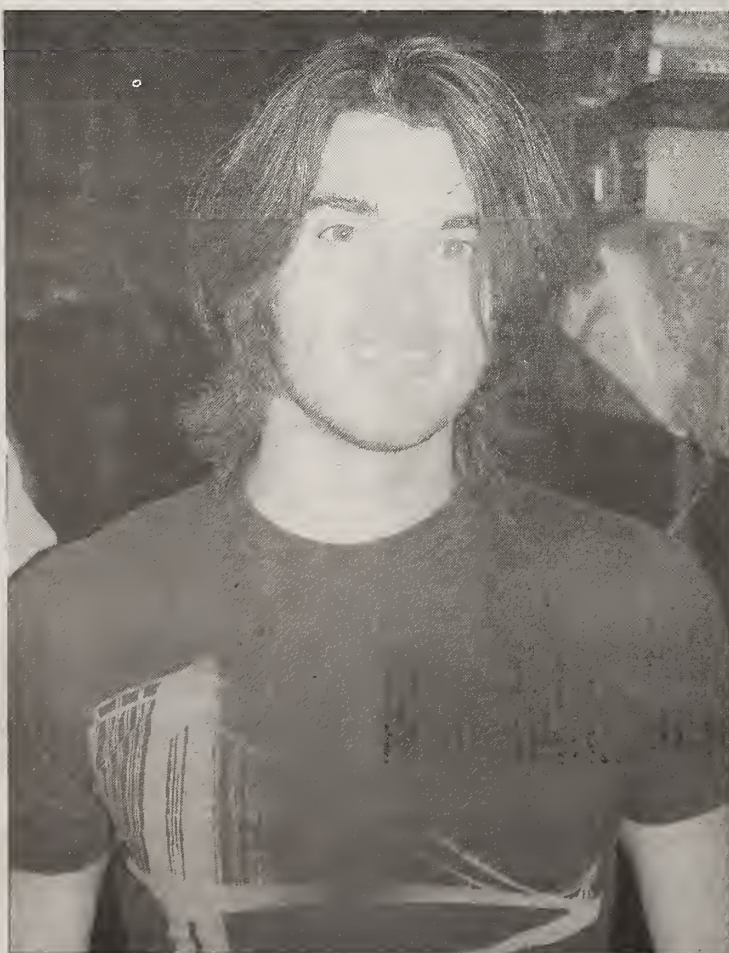
Enter to WIN a trip to the 2006 Billboard® Music Awards in Las Vegas!

- Text BILLBOARD to 555 on your phone to get started!
- Download any Billboard ring tune or subscribe to Billboard Mobile between September 15 to October 31, 2006 for your chance to win.

Brought to you by Rogers Wireless.

Billboard mobile

*Billboard ring tunes start at \$2.10 plus 50¢ for the download. The Billboard® Mobile subscription is \$5 (\$3 content fee plus \$2 transport fee). This subscription does not include the cost of ring tunes. Billboard is registered trademark of VNU Business Media, Inc.



(Photo by Kristin Grifferty)

Current MuchMusic VJ and former Conestoga woodworking student Tim Deegan made an appearance at the Bavarian festival, held at Queensmount Arena.



(Photo by Kristin Grifferty)

More than 1,200 students partied it up with sausages, beer and Bavarian hats. "It's always lots of fun," said Lori Dewar, a bartender at the event.

Oktoberfest: Doggiestyle



Almost 300 participants showed up for the second annual Dogtoberfest despite bad weather in Kitchener on Oct. 14.

The Oktoberfest-style event, held at Bingemans, is a K-W Humane Society fundraiser designed to promote and increase dog/owner relationships rather than focusing just on money said Elizabeth Bonkink, community relations and fundraising manager of the K-W Humane Society.

"This year's event is way bigger with vendors from as far as Toronto," said Bonkink. "It's mainly to raise the profile of the humane society in K-W as a pet friendly community."

Bonkink hopes Dogtoberfest helps people to think of the humane society first when it comes to adopting a new pet.

"It's so rewarding to see some of the dogs that once were at the humane society returning with their new families and doing so well," said Bonkink. "To show up in such cold and wet weather just proves how dedicated pet owners of the area are."

The event is based on Kitchener's Oktoberfest with activities specifically designed for the pleasure of the tail-wagging patrons.

"We have activity centres for the dogs that are all loosely based on carnival or Oktoberfest-like activities," said Bonkink. "We

have hobbing for hotdogs, an obstacle course, the cookie hunt, treats on a string and a doggy pageant to top it off."

The pageant, judged by Melissa Durrell, CTV news anchor, Karen Redmen, Liberal MP of Kitchener, and Jennifer Campbell, KICXS FM morning DJ, showed just how proud dog owners are of their pets.

"We didn't place but we did alright for our first Dogtoberfest pageant but the competition was pretty fierce," Donna McEnaney said while petting her dog, Java, a seven-year-old chocolate lab. "It's a great event but we'll do better next year."

Out of 20 dogs, this year's pageant was won by Daisy, a tiny newcomer, with a fabulous leap through a hoop with the assistance of her owner, Nicole Ouilette.

"We heard of the pageant and just learned the trick," said Ouilette. "We really just came for the games and to spoil Daisy a bit."

Daisy was not available for comment.

In the end, the event wasn't about competition, it was about wagging tails, wet doggy kisses and good times for dog lovers of all ages.

For more information on upcoming humane society events go to www.kwhumane.com.

Dash, an eight-year-old Yorkshire terrier poses in his dinosaur costume as he prepares for the doggie pageant at Dogtoberfest at Bingemans in Kitchener, Oct. 14.



Above: Kaitlyn Gessome and Tammy Grigat, first-year graphic design students at Conestoga, stand with Arizona, a 12-year-old yellow lab, and Kodiak, a nine-year-old chocolate lab, while looking for photos for a design project.

Below: Janet Strack shakes off pre-pageant jitters with Dash.



Bamboo, a one-year-old Old English bulldog, smiles as she looks on at all the great pet-friendly activities.



Cody, a golden retriever from Guelph, introduces his panda friend that accompanied him to Dogtoberfest for food, games and fun despite the poor weather.



Nicole Ouilette presents her dog Daisy, the first place winner of the doggie pageant after a spectacular leap through a hoop, at Dogtoberfest.

Story and photos by Eric Murphy

The boys a hit on the big screen

Coming a long way from their first TV season, this movie is a must-see

By NICK CASSELLI

The boys are back, and this time it's on the big screen.

But, I must warn faithful viewers of the popular Canadian documentary television series Trailer Park Boys, to strap on your adult diapers before watching this one, as Ricky, Julian, Bubbles and all the rest of those Sunnyvale rejects may cause extreme bladder hostility.

The movie kicks off with a typical Sunnyvale police chase, where a helicopter is in hot pursuit of the boys after a foiled cash machine robbery, which ultimately leads to a year-and-a-half stint in con-college.

Unceremoniously tossed out of jail just days before the final game of the guard/inmate hockey tournament, Ricky (Robb Wells), Julian (John Paul Tremblay) and Bubbles (Mike Smith) make a belligerent return to Sunnyvale Trailer Park with a plan for The Big Dirty, the biggest heist of their endless criminal history; a dim-witted scheme to steal vast quantities of change.

In the meantime Ricky decides to

crank up his love life with his long-time ex-girlfriend Lucy (Lucy DeCoutere) after discovering her newly enhanced anatomy has landed her a job at the gentleman's club.

While in the midst of an eventful night at the club, Ricky butts heads with Lucy's new boyfriend and club owner Sunny, Julian meets the love of his life, and Corey and Trevor, (Corey Bowles and Michael Jackson), get busted for stealing drinks.

But, where would this tale be without that raging booze hound of a Trailer park supervisor Jim Lahey (Jon Dunsworth)?

Of course Mike Clattenburg, the genius director behind this brilliant Canadian production, could never leave out the boy's arch nemesis.

Along with his cheeseburger-eating sidekick Randy, Lahey proves to be an irritating pest in the boy's march through the dirty jungle.

Perhaps I have revealed a little too much for those who have yet to see this greasy escapade, but rest assured, this is just a mere glimpse



(Internet photo)

Ricky, Bubbles and Julian are the stars of the hit series and motion picture, Trailer Park Boys.

of the off-the-wall stunts and bone-headed dialog seen throughout the flick.

Coming a long way from the original \$2 television series in

2001, The Trailer Park Boys movie debut featuring an all-Canadian music number is not to be missed.

So mix that rye and coke, grab a bag of jalapeno chips, that's

jalapeno with an H, and come on down to a theatre near you.

But, please don't drink and drive, just because Julian makes it look cool, doesn't mean you have to.

Ps3 set to debut

By NATALIE ANDERSON

Video games have come a long way since the days of Nintendo, and Sony is breaking new ground with Playstation 3 (Ps3), due out Nov. 17 for an estimated \$700.

Sony has thrown the latest technology into Ps3, such as Blu-ray Disc, which is the latest in high-definition video, Bluetooth capability, four USB ports, 1,080 lines of resolution per second, High-Definition Multimedia Interface (HDMI), and the advanced microprocessor, the cell broadband engine.

"Ps3 uses a new processing unit called a cell broadband engine," said Jeff Silveira, an employee at Future Shop in Cambridge. "It's really revolutionary right now because it doesn't run off of the original processing unit, like the Xbox does."

A lot of the first generation Playstations were sent back due to overheating, said Silveira. There used to be seven processors in the Playstations, but in the new one there are eight, allowing for a backup processor to help balance the processor workload, making it more powerful and more efficient.

"Sony got together with IBM and Toshiba and came up with this new unit," Silveira said. "No one knows exactly how it works because they've been very hush-hush about it."

The problem with that, he said, is the companies who program the games don't even know, so they don't quite know how to code the games.

However, Ps3 is entirely backwards compatible with about 90

per cent of the games from previous models, he said.

Silveira said another big thing the Ps3 offers is the Blu-ray DVD player, which alone sells for \$1,300.

Blu-ray is the newest high definition DVD player on the market and is competing with other high definition DVD players to be the industry standard.

"Sony is being really revolutionary again," he said. "Back when Playstation 2 came out, Sony put a DVD player in it, which was a big move to have a DVD player on top of a gaming system. Now they're saying, 'we're not only selling you a gaming system, we're selling you a home entertainment system.'"

So how does Ps3 compare to Microsoft's latest system, Xbox 360?

"Technology wise, Xbox is behind Sony," says Silveira. "Xbox says, 'whoever is the industry standard between Blu-ray and HD DVD, that's who we'll go with.' They're going with time-tested, true technology while Sony, like Sony likes to do, is pushing the envelope a little bit further with the Blu-ray and the cell processing unit."

Silveira also said the hard drive is three times bigger than Xbox.

"You can store files on your Ps3, access music on it and also Playstation Portable has Bluetooth technology in it to connect to your Ps3. In the game Formula One '06 you can actually use the Playstation Portable as a rear-view mirror," he said. "Another bonus with Ps3 is the server is free, as opposed to Xbox, where you pay a monthly fee for the online service."

Open Season is a letdown

By JENNIFER CURTIS

If you are under the age of 10, I would recommend going to see Open Season. If you're any older, you probably won't like it. The movie is a family comedy about a domesticated bear that gets put back into the wild after misbehaving. He teams up with an outcast deer in an attempt to find his way back to his town, meeting many forest animals along the way. They get lost and ruin a beaver family's dam, setting off a waterfall that drags all the animals into a hunting ground.

The movie takes place right as hunting season opens and the animals must stay away from gun-toting people. There is one hunter who especially wants the bears and the deer. Later, the movie turns into animal versus hunter.

Martin Lawrence and Ashton Kutcher provide the voices for the first feature from Sony Picture Animation. This film is not like Shrek or Madagascar, where there are jokes for an older audience, although almost everyone can enjoy it. The animals are feuding and then coming together in the end to defeat the nasty human trying to sabotage their environment. Of course, the movie concludes with everything being right again in the animal world.

If you planned on going to see this movie, I would recommend taking a younger sibling or cousin. That way one of you will enjoy it and you will get your money's worth.

Looking for some extra cash over the holidays? Or for Christmas money?

Stage West has positions available that are perfect for students looking to make extra money over the holiday season.

Positions are seasonal from Mid-November to December 24.

Stage West Kiosks are located in local malls and have mall hours.

Full training is provided.

Wages are an hourly rate, plus bonuses.

Send resumes to rena@stagewest.com or fax to 905-238-2708

 **Stage West**
ALL SUITE HOTEL
THEATRE RESTAURANT
& INDOOR WATERSLIDE

Call toll free 1-800-668-9887 or
visit www.stagewest.com

HOROSCOPE

Week of October 23, 2006

Aries

March 21 - April 19

As a fire element, your stubbornness may get in the way of possible happiness for you. Be patient with people and don't let your independent ways overpower you.

Taurus

April 20 - May 20

Maintaining good marks in school is what you strive for but you also look for the enjoyment of events outside the institutional walls. Surround yourself with your friends and family.

Gemini

May 21 - June 21

Work will continue to get heavier for you but don't crack under the pressure, the load will get lighter. Don't allow yourself to become depressed by the lack of entertainment in your life.

Cancer

June 22 - July 22

Pay attention to the moon, your planetary ruler. As it changes you may find yourself feeling overprotective of those you care for, daydreaming more or the need for security in your social life.

Leo

July 23 - August 22

Your ruling and giving senses may conflict when a decision needs to be made. Trust your instincts and allow them to choose for you. Do not be taken advantage of and do not worry what others will think of you.

Virgo

August 23 - September 22

You're kind-hearted by nature and have the tendency to strive for improvement in many aspects of your life. Don't overload yourself with work, chores or tending to other's needs, even if you feel the need to serve and help.

Libra

September 23 - October 22

Going or staying will be your biggest battle this week as your socializing impulses may be put on hold with upcoming deadlines, tests and projects. Use your balancing abilities wisely.

Scorpio

October 23 - November 21

Your talents of dealing and concealing may be challenged when a friend asks you for a favour. Don't allow your influential instincts to be taken over, take control of the situation.

Sagittarius

November 22 - December 21

Your grasp for understanding may be challenged when a situation arises with another fire element. If you're wrong don't hide behind pride, but don't become their victim.

Capricorn

December 22 - January 19

You rarely accept help to get what you want and you're not about to start. You will be rewarded for your perseverance and initiative by upcoming achievements you have made possible.

Aquarius

January 20 - February 18

Your innovative and researching abilities will come into play as projects and assignments arise. Don't let yourself become stuck in a group where you will end up doing all the work. Don't be taken advantage of.

Pisces

February 19 - March 20

You accept others for who they are and aren't too picky about the little things. As a water element you look to earth and air for companions. Be careful, your heart may become entangled with fire clouding your visual perspective.

Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.

Message behind the music

By JESSICA BLUMENTHAL

A sea of people moshed to the fast-paced sound of hardcore punk and the reggae-infused sound of ska in a sardine-packed bar on Oct. 11.

Punks and music lovers united to rock out with Brown Brigade, Ignite, Circle Jerks and Pennywise at the Cowboy bar in Guelph.

Each band on the bill conveyed the message of the importance of independent thought and questioning authority.

Brown Brigade, a quintet from Pickering, opened the show. The band is Dave Baksh's, the ex-guitar player from Sum 41, new project.

The band's music was a mixture of classic rock riffs with rap and catchy choruses.

The second band, Ignite, breathed more life into the crowd. People started singing and moshing to their music. The quartet played songs from their new album, Our Darkest Days, including their single, Bleeding.

The middle-aged band, Circle Jerks, gave some punk music history lessons to the audience.

In between their minute-long songs, lead singer, Keith Morris, talked about the Softboys and other original bands and told the audience to never forget their roots.

During the Circle Jerks' performance, Morris flailed around the stage giving a performance reminiscent of Ozzy Osborne and Janis Joplin combined.

They covered songs like, Gimme, Gimme, Gimme, by Black Flag, one of Morris's former bands, and Frank Zappa.

The crowd was pumped for Pennywise and yelled their name until they came on stage.

The group, a veteran punk band from Hermosa Beach, Calif., headlined the international tour to feature their newest album, The Fuse.

The 18-year-old band started off their set with the song, Victim of Reality, from the 1999 album, Straight Ahead.

Jim Lindberg, lead singer, told the audience that they get their inspiration for songs from reading newspapers daily and watching the news. Their songs cover topics like urbanization, the never-ending cir-

cle of violence and power-hungry leaders. Lindberg said people should get the message and there's a need for a socially and politically conscious society.

The crowd surfing picked up and the mosh pit was wild throughout the entire performance.

Pennywise gauged the audience's reaction when they named off their songs to decide which songs to play. They played songs from their nine albums, including 6th Avenue Nightmare, My Own Country and Enemy.

During their set, they remembered fellow bandmate and original bassist Jason Thirsk who died in 1996, with a banner above the drum kit.

Lindberg said he thinks the real challenge is staying true to who you are, which is something the band believes they've done over the years.

As Pennywise wrapped up with the final song, Perfect People from the album About Time, Lindberg gave thanks to their indie label, Epitaph, and acknowledged fellow artists like Bad Religion, Minor Threat, NOFX and Rancid.



(Photo by Jessica Blumenthal)

Pennywise singer, Jim Lindberg, gets into it at the Cowboy bar in Guelph on Oct. 11. Lindberg told the audience to "think for yourself, question authority and don't answer to the man."

Toronto lawyer releases new album

By ELIZABETH BATE

Andy Carey thinks some of his best work is on his new CD, Closing Circle. The independent musician played The Sanctuary at Conestoga College, Oct 12.

When I sat down to talk with him I couldn't help but notice that he looked a little tired, but with good reason.

Carey, a full-time trial lawyer from Toronto, has just finished producing his third album, a four-year project.

"I didn't think it was going to take four years, but at the same time I didn't want to rush it," he said.

The result is an album full of haunting piano melodies and beautiful metaphors that are being compared to such musicians as Cold Play and Keane.

"I think it's a compliment," said Carey. "The British tradition of music is definitely something that has influenced me."

He is quick to point out that while British bands are a major

influence on his work, they are not the only influence.

"There's a fair amount of diversity on the CD. There's something there for everyone."

"Music, like any kind of artform, is a gift and gifts are meant to be shared."

Andy Carey,
independent musician

Although not well known, Carey is passionate about his music and likes his approach to the music industry.

"It's a strange way to approach the industry, but the biggest advantage to having a day job is that I can keep control of the creative product," said Carey.

He admits though, that sometimes it can be a strain. "It's tough, but since I love the music it's not really a sacrifice. Music is my No. 1 passion."

The performance at the Sanctuary wasn't long, just 40 minutes, but Carey's passion could be heard in every note.

With songs about old girlfriends and new beginnings he weaves unforgettable stories.

For him, it's all about the personal and emotional connections.

"With music you can make something that is uniquely yours and then share that. If you can emotionally connect with someone that's the reward of music."

With this album Carey is making connections in a new way.

For the first time his work appears online on Iceberg Radio with the first single off Closing Circle, Climbers.

In addition, Carey will be playing as many clubs as he can this fall to promote his work.

"Music, like any kind of artform, is a gift," said Carey. "And gifts are meant to be shared."

For more information about Andy Carey or Closing Circle, visit www.andycarey.com.

Conestoga student set to be the next Rocky

By STEPHANIE IRVINE

A second-year business student from Conestoga College has been invited to go to Italy on Nov. 21 for an international boxing bout.

"I'm going for six days, but I only fight on two days so the rest of the time I just get to travel," said Mandy Bujold, 19. "That's what I like about competing. I get to travel all over the place and meet different people."

Bujold has been boxing for almost three years, two competitively.

"I've always wanted to do it. Since I was a kid I've had a boxing bag in my house, and I used to just hit it but I didn't know how to hit it properly," she said. "One day I made a friend come here to the club with me, and I loved it so I kept coming."

International bouts, like the one she's going to in Italy, are for experience, she explained.

"It's just to see how others fight so you're more prepared when you go to the world championships," she said.

Bujold said her biggest concern is that her coach, Rick Cadilha, won't be coming with her due to family commitments.

"I keep telling her she's going to have to fight without me sooner or later," said Cadilha.

Despite the fights not being for a title, Bujold said that she trains hard for them with two to three workouts per day.

"It's a lot of training, and most people don't put that much in but I don't want to fight and just be OK," she said. "I want to fight and be No. 1."

"It's all different training," she said. "I don't do the same thing twice. I'll do one boxing workout where I'm actually punching, but the other one will be a run, sprints, weight training, stability, balance,



(Photo by Stephanie Irvine)

Mandy Bujold, 19, a second-year business student at Conestoga College, works out with her coach, Rick Cadilha, at the Waterloo Regional Boxing Club.

lots of things."

Bujold added all of her hard work is worth it.

"It pays off when I go for a fight and I've trained so hard," she said. "If the girl beats me it's because she's better than me. That's it. There's no way she trained harder than me, so then I know I just have to get more experience and I can beat her."

According to Cadilha, getting funding to cover travel and training costs can be difficult.

"I'm talking to different people all the time," he said. "I have to be creative."

Bujold did receive \$2,600 from the Quest for Gold funding offered through the McGuinty government in March of this year.

"It's pretty cool, especially because I put so much effort in," she said. "I do coaching up here and I do a lot of other things, so it's

nice when someone recognizes your hard work."

She went on to say it was helpful because it can be really expensive for athletes. "I don't pay for much usually though," she said. "I'm lucky that I have a really good boxing club because they back me up in everything."

Bujold said that her club, Waterloo Boxing, even gave her a bursary to go to school this year.

"This is a non-profit organization, so the money that comes in from the dues, they have to use it somewhere so they use it for expenses."

Bujold said there is a carding system in the senior levels of competitive boxing, which gives the athlete approximately \$2,500 monthly to cover training and living expenses. Currently only one female boxer is carded in Canada, world champion Mary Spencer from

Windsor.

"Our female athletes are ranked more in the world than our male athletes," said Bujold. "So our

female athletes are doing amazing and our guys are just mediocre, but they get most of the funding."

Bujold said she really admires Spencer.

"She's so slick and she looks so comfortable in the ring, it's just awesome to see," she said. "When she gets into the ring it's like she knows she's already won the fight. Her opponent on the other side of the ring is looking at her and knows she thinks that, so it's over before it starts. It's totally a mental game."

Bujold added that a big part of the reason she has been so successful is because of Cadilha.

Bujold said her biggest goal would be to go to the Olympics in six or seven years if they accept female boxing.

She went on to say she has fought and beaten people from four or five different countries who have been to the world championships.

"I would like to be world champion, so that's what I'm working towards right now," she said. "I know I have what it takes to do it, I just have to get the experience."

Bower, big time goalie, big time heart

By SUMMER MCPHEE

Local residents lined up for the chance to meet former Toronto Maple Leaf goalie Johnny Bower inside Framed Memories in Cambridge on Oct. 14.

The in-store autograph signing, located in Southworks Outlet Mall, took place from 1 to 3 p.m., with all the net proceeds donated to the Children's Wish Foundation, which works within communities to fulfill wishes for children diagnosed with a high-risk, life-threatening illness.

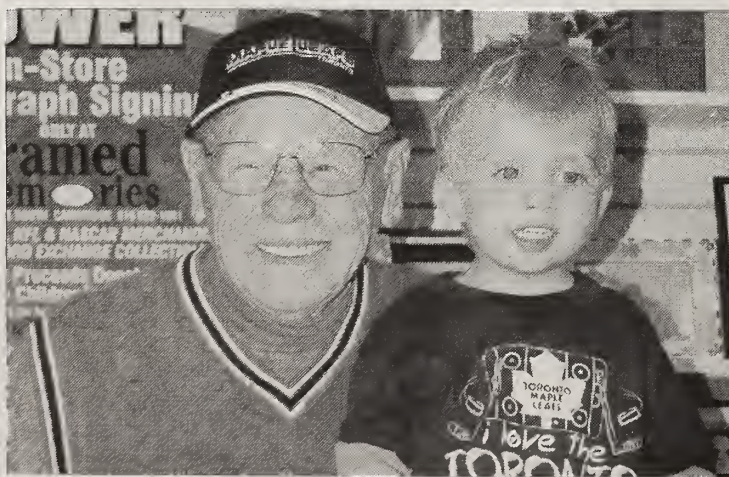
The cost per picture was \$9.95 and an additional \$15 for the autograph itself, with two per cent of all the store's sales for the day being donated to the Children's Wish Foundation.

Framed Memories, a sponsor of the Children's Wish Foundation, started these signings in June with another former Toronto Maple Leaf goaltender, Mike Palmateer.

Lamey said the signings usually bring in around 100 people.

"It seems to be growing because we're doing it every month now, so people become more aware of it through word of mouth," said Lamey. "Our goal is to have one signing a month."

Lamey said the first time they did something with the Children's Wish Foundation was when the Kitchener Rangers won the



(Photo by Summer McPhee)

Toronto Maple Leaf legend Johnny Bower is never too busy for his young fans like Aiden DeSousa.

Memorial Cup.

"We had a special frame made up for that and then we sold tickets for it and all the money went towards the Children's Wish Foundation," said Lamey.

Tom Mikula, a supplier for Framed Memories, became a friend and a partner for these charitable signings.

"Tom's the one with all the contacts," said Lamey.

Mikula said he hooks up the store with the players.

"I go through the NHL alumni and other people I know that know

these guys," said Mikula.

He said that Johnny Bower, who played for the Toronto Maple Leafs the last time they won the Stanley Cup in 1967, does a lot of work with Children's Wish Foundation.

"It's a great situation, they're great people and it's for a great cause," said Mikula.

Upcoming signings include former NHL players Jim McKenny and Bill Derlago on Nov. 4 from 1 to 3 p.m. and Eddie Shack Dec. 9 from 1 to 3 p.m.

STAG SHOP PRESENTS:
TRICKS FOR TREATS!!

SUPER SEXY COSTUMES!!

Kitchener
30 King St. E
519.593.2303

Kitchener
10 Manitou Dr.
519.895.1228

Waterloo
7 King St. N
519.886.4500

Cambridge
561 Hespeler Rd.
519.624.9492

STAG SHOP
The Adult Fun Store

WWW.STAGSHOP.COM

Coming soon to houseparties, clubs and boudoirs near you.



(Photo by Jorden Feliciano)

Cambridge residents Matt Zaggario (second from left) and Alvin Cardoza (right) were surprised to see Toronto Raptors stars Chris Bosh (left) and Morris Peterson out for a night at Revolution Nightclub in Waterloo on Oct. 6.

Raptors spotted in Waterloo

By JORDEN FELICIANO

The Toronto Raptors basketball team was busy in Waterloo for reasons other than their pre-season training at RIM Park.

It wasn't all work and no play for some of the players during the early October training camp, as could be seen at Revolution Nightclub on Oct. 6.

Star players Chris Bosh and Morris Peterson, along with newcomers T.J. Ford and Fred Jones and others, hung out at Revolution, creating quite a buzz.

Many regulars in attendance that night were surprised to see some visitors who looked familiar.

"I couldn't believe it," said Alvin Cardoza, who goes to Revolution frequently and is a basketball player himself. "I come here often and I've never seen this place have special guests with a large profile like

the Raptors players."

Cardoza attributes much of the surprise to the fact that although the Region of Waterloo is one of the fastest-growing regions in the country, it isn't exactly a hotbed for high profile celebrities.

"You don't see people this popular around here too often," said Cardoza.

For most of the night the players kept to themselves, playing pool and talking to each other, but it didn't stop some people from trying to talk to the stars.

"I was on my way to the bathroom when I noticed that there was a guy that looked like Chris Bosh," said Matt Zaggario, a lifelong Raptors fan.

Zaggario said he had never been in such company before, so he didn't think he had anything to lose by trying to converse with them.

"I walked right up to Chris Bosh to tell him I had him on my fantasy

basketball team," said Zaggario.

Many people were shocked that, unlike most celebrities, the Raptors players had no security stopping people from approaching them and they weren't in a secluded area for special guests only.

"It was unbelievable how people could just walk up there and chat with them," said Zaggario. "I think that says a lot about what kind of human beings these players are."

Zaggario said his impression of the media's perception of athletes is that they seclude themselves from the public because of the hassle some fans bring.

"These guys definitely got my utmost respect after tonight," said Zaggario. "Just seeing how down to earth they were, and they were so personable, it's awesome to see athletes do that."

The new-look Raptors begin their regular season on Nov. 1 away, against the New Jersey Nets.

Skydiving: a first-hand experience

By JENN SPRACH

The weather conditions on Oct. 7 were perfect for jumping out of a plane.

This was good news because it was the day I would be leaping out of a perfectly good aircraft.

I headed down to Skydive Swoop, in Dundas, to tandem jump from approximately three kilometres (10,500 feet) and free fall at approximately 190 km/h.

After signing three pages of waivers and watching a movie, I was off to my 15-minute training session.

Within about a half hour I was ready to jump from an airplane.

At Skydive Swoop only four to five people can fit in the aircraft.

This only leaves enough room for the pilot, the tandem instructor, one tandem jumper and a videographer.

The extra seat is sometimes filled by a certified jumper but it makes for a tight ride.

The company also only has two airplanes so there was a long wait ahead of me.

After hanging around for almost seven hours it was finally my turn to go.

I got all geared up, met my instructor who has jumped out of a plane more than 2,000 times, and climbed into the plane for takeoff.

One thing that struck me as ironic is on takeoff you buckle up your seatbelt, somewhat baffling considering I was going to be jumping out of the plane.

After the 20-minute climb an altitude of approximately three kilometres, I was harnessed to my instructor, and after being fully attached we opened the door.

The whoosh of wind that enters the plane at that exact moment is when the first tinge of adrenaline sets in.

The videographer for Swoop climbed out onto the wing brace awaiting the jump signal.

We followed behind, and got into position with our feet out on the step, head back and back arched.

With a rocking motion to indicate ready, set, go, we were out of the

plane, tumbling through the sky with arched backs.

One minute you are ripping through the sky, diving like a bird at its prey, and in one smooth swift motion you're shooting up through the sky like a rocket.

The parachute catches the wind and the roaring suddenly stops and everything is quiet and peaceful.

Seeing the autumn colours while floating beneath a parachute is really the only way the contrast can truly be seen and appreciated for

I had finally accomplished my goal to take off in more planes than I've landed in.

what it is.

You can see everything from up there and after an experience like that the adrenaline lets you see things a little more clearly.

After a few moments of chatting about the view and the experience of the free fall my instructor told me he was going to loosen my gear so I'd be more comfortable.

This was the scariest part for me. Something about someone playing with my gear while I'm still approximately a kilometre and a half off the ground made me a little

nervous, but he was right, I was more comfortable.

Then my instructor taught me how to steer the parachute and we did some turns and spins, then glided in for a smooth landing about five minutes later.

I was back on the ground safe and sound and ready to go up and do it again.

I had finally accomplished my goal to take off in more planes than I've landed in.

The staff was great and the people were a lot of fun. Different types of people try skydiving including radio personnel, high school teachers and tradespeople.

It was truly an amazing experience and not nearly as scary as everyone thinks.

Anyone who has ever thought about it should just go ahead and do it, there's no reason not to.

If I get my way I'm going back next year to begin certification; once wasn't enough for me.

The only negative part is the price.

A tandem jump cost around \$300 and if you buy the still-shot photos and DVD of your skydive it jumps to approximately \$400, but it is well worth the money.

The only way to live life is to the fullest.

For more information on skydiving check out www.swoop.on.ca

Chick Magnet

Cat Magnet

PARTY
factory.ca

GREAT HALLOWEEN COSTUMES

Stud Finder

Hand Cuffs

809 Victoria St. N. Kitchener
519-742-7340

561 Hespeler Rd. Cambridge
519-740-1314

620 Scottsdale Rd. Guelph
519-763-1940

Molly Bloom's
IRISH PUB

TUESDAY 29 CENT WINGS ALL DAY!!

STARTING AT 10PM

DJ TERRY
TOP 40'S

DANCE, HIP HOP, COUNTRY AND MORE....

LADIES IN FREE BEFORE 11PM

10 Manitou Dr. Kitchener (Corner of Manitou & Fairway)



(Photo by Angelo Mazziotti)

Detroit Red Wings alumni Bob Probert slips the puck past former NHL netminder Peter McDuffe at the Guelph Sports and Entertainment Centre on Oct. 15.

NHL legends score big in Guelph

By ANGELO MAZZIOTTI

The smell of popcorn, hotdogs and nostalgia filled the air at the Guelph Sports and Entertainment centre Oct. 15, as the NHL alumni took on the Detroit Red Wings alumni in a game that dazzled one and all in attendance.

The start of the game was all about the goalies as Peter McDuffe made 18 saves for the NHL alumni in the first period alone. His counterpart, Marc Laforest, stopped 19 for the Red Wings.

Red Wings defenceman Pat

Ribble opened the scoring 17 minutes into the contest when he swooped the puck out of the left end boards, and dashed across the goal mouth, beat McDuffe with some stellar stick handling and slid it into the open net.

Off the very next faceoff, former Montreal Canadiens forward Mark Napier made an outstanding lead pass to former Maple Leaf Dan Daoust who went top shelf to beat Laforest, notching the game at one a piece after the opening 20 minutes.

The second period was in the form of a skills competition, and

had much more of a light-hearted feel to it. It was not out of the ordinary to see player-fan interaction as even referee Dave Hutchison got into the act by asking the crowd to judge a winner by applause volume.

In the third the Red Wings scored five unanswered goals to put them up 10-5.

With a little luck and a lot of cheating, the NHL boys tied it up 11-11. During the shootout former NHL all-star and 50 goal scorer Gary Leeman was the only player to score, lifting the NHL alumni to a 12-11 victory.

Yo!
Sign up for your
**Talize Student
Card**
and **save 10%**
off all your
threads!

"PIMP MY COSTUME"

Looking for cheap thrills
this Halloween?

The great finds at Talize are
certain to cast a spell on you.

Devilishly delightful
nearly new clothing &
accessories. Frighteningly
original new costumes.

Wild and wacky wigs.
Decorations that are a real
scream. And tons more.

Talize — everyone's favourite
haunt at Halloween!

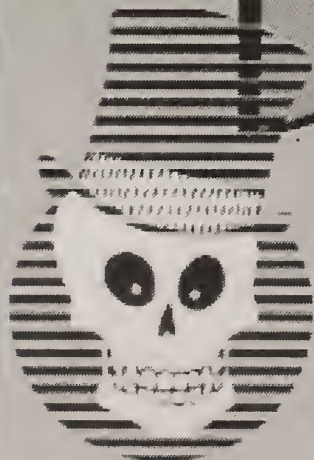
**Bling Bling Dollar Medallion
Necklace \$6.99**

**Triple Glitter
Dollar Ring \$5.49**

Red Top Hat \$7.99

**Skull Walking
Gold Cane \$5.99**

**Funky 'Fro Wig
\$11.99**



**Talize★
NIGHTMARE
ZONE**

Where to scare up great stuff for Halloween!

Hours: Mon - Wed: 9am - 8pm ★ Thurs - Fri: 9am - 9pm ★ Sat: 9am - 6pm ★ Sun: 11am - 5pm

